

Leisure Club Classes

February 2018

May be subject to change

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am – 10:00am	Hydro Spin			Circuit Training		Kids Swim Lessons
10:00am – 11:00am	Parent and Toddler	Circuit Training		School Swim	School Swim 10am – 10.45am	Kids Swim Lessons Parent and Toddler
11:00am – 12:00pm	Parent and Toddler	Aqua Aerobics	Aqua Aerobics 11.30am-12.15pm		School Swim 10.45am-11.45am	Parent and Toddler
12:00pm – 1:15pm	No Classes	No Classes	No Classes	No Classes	No Classes	No Classes
1:15pm – 3:00pm	School Swim	School Swim	School Swim		School Swim	
3:00pm – 4:00pm	No Classes	No Classes	No Classes	No Classes	No Classes	No Classes
4:00pm – 5:00pm		School Swim		School Swim		
5:00pm – 7:00pm	No Classes	No Classes	No Classes	No Classes	No Classes	No Classes
7:15pm – 8:00pm	Hydro Spin		Hydro Spin			
8:00pm – 9:00pm	Adult Swim Lesson		Hydro Spin	Aqua Aerobics		

Call us now 066 9150222 or email joconnor@dingleskellig.com