

# 2018 Class Timetable

<b>Mondays</b>		9.30am Body Tone Workout 45mins	10.15am Yoga 1hr	10:30am Aqua Aerobics 30mins		6.30pm Indoor Cycling** 1 hr		
<b>Tuesdays</b>	7.15am Early Bird Aqua 30mins	9.15am Wake up! Spin 30mins	10.00am Pilates* 1hr			6.30pm TRX* 1hr	7.30pm Pilates* 1hr	
<b>Wednesdays</b>		9.30am Body Blast 45mins-1hr	10.30am Aqua Aerobics 30mins			6.15pm Spin and Circuits 1hr	7.30pm Yoga 1hr	8.30pm Yoga ( <i>Beginners</i> ) 1hr
<b>Thursdays</b>	7.15am Early Bird Aqua 30mins	9.30am Cardio Kick Box/Circuits 45mins-1hr	10.30am Pilates* 1hr			6.30pm Indoor cycling** 1 hr		
<b>Fridays</b>		9.30am Body tone/Circuits 45mins	10.30am Aqua Aerobics 30mins					

\*Denotes extra charge

\*\*No reserving bikes for other people. Indoor cycling-must sign in at reception. Sign in opens 30mins before class @ 6pm Mon & Thurs.

### Please Note:

Class schedule may vary from time to time. Each class needs 3 participants to go ahead.

For safety & hygiene purposes, a towel and water are compulsory.

Please arrive 5mins before start time. For safety reasons an instructor reserves the right to deny late comers to a class.

T: 045 431460

E: keadeenclub@keadeenhotel.ie

www.keadeenhotel.ie