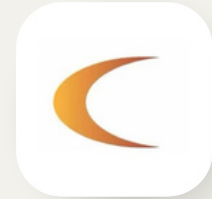


CLASS TIMETABLE



- CLASSES FREE TO MEMBERS / €7 FOR NON MEMBERS (YOGA/PILATES €10)
- MINIMUM 16 YEARS / NO PHONES IN STUDIO / NOTIFY INSTRUCTOR OF ILLNESS
- FIRST TIEM SPINNERS TO ARRIVE 15 MINUTES EARLY FOR SET UP

CARRICKDALE LEISURE
ON APP STORE



DOWNLOAD THE CARRICKDALE
LEISURE APP TO BOOK YOUR CLASS
UP TO 1 WEEK IN ADVANCE

	MON	TUE	WED	THURS	FRI	SAT
6:45AM		CIRCUITS (6:45AM - 7:30AM)	HYBRID (6:45AM - 7:30AM)	CIRCUITS (6:45 - 7:30AM)	H.I.I.T (6:45AM - 7:30AM)	
9:30AM	PUMP (9:30AM - 10:15AM)	AQUA FIT (9:30AM - 10:15AM)	KETTLEBELLS & CORE (9:30AM - 10:15AM)	AQUA FIT (9:30AM - 10:15AM)	H.I.I.T (9:30AM - 10:15AM)	SPINNING (8:30AM - 9:30AM)
11:00AM	AQUA FIT (11AM - 11:45PM)		PILATES (10:30AM - 11:30AM)			
6:00PM	KETTLEBELLS & CORE (6:45PM - 7:30PM)	BOXERCISE (6PM - 6:45PM)	H.I.I.T (6:45PM - 7:30PM)			
7:00PM		SPINNING (7PM - 7:45PM)		HYBRID 6:45PM-7:45PM		
8:00PM		YOGA (8PM - 9PM)		PILATES (8PM - 9PM)		

