

Leisure Club Timetable



SEVEN OAKS
HOTEL & LEISURE CLUB

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AQUA FIT 10.00-10.45	CIRCUIT TRAINING 7.45-8.30	KETTLEBELLS 11.00-11.45		STRETCH & FLEX 8.00-8.30	
BEGIN TO SPIN 10.15-11.00	GYM CLASS 9.30-10.15	NATTER BATTER 10.00-11.00	SHAPE UP 11.00-12.00	AQUA FITNESS 10.00-10.45	
SPINNING & ABS 11.00- 12.00 ADVANCED	CORE MELTDOWN 10.30-11.15			SPIN & ABS 10.45-11.45	
*PILATES 6.00-7.00PM		KETTLEBELLS 6.15-7.00	GYM CLASS 6.00-6.45		CROSS FIT 3.00-4.00
SPIN & ABS 6.30-7.30PM		BEGIN TO SPIN 6.15-7.00		SPIN & ABS 6.30-7.30	
	THE TONE ZONE 6.15-7.15		BODY ATTACK 7.00-8.00		
	AQUA AEROBICS 8.00-8.30				

*PILATES €60 FOR 12 WEEK COURSE