

# CLASS TIMETABLE NOVEMBER 2018

	<b>CARDIO</b>	<b>COMBO</b>	<b>STRENGTH</b>	<b>BODY MIND</b>	
	7.45 – 8.30am	10 – 11am	11-12am	6 – 7pm	7 – 8pm
<b>MONDAY</b>		<b>Aqua Aerobics</b>	<b>Spin &amp; ABS</b>	<b>TBW</b>	<b>Spinning</b>
<b>TUESDAY</b>	<b>Seven Oaks Hell &amp; Back</b>	<b>TBW</b>		<b>Spin &amp; ABS</b>	<b>Aqua Aerobics</b>
<b>WEDNESDAY</b>		<b>Aqua Aerobics</b>	<b>Body Mind *</b>	<b>Step &amp; Tone</b>	<b>Spinning</b>
<b>THURSDAY</b>		<b>Spinning</b>	<b>Step &amp; Tone</b>	<b>Seven Oaks Hell &amp; Back</b>	<b>Body Mind*</b>
<b>FRIDAY</b>		<b>Aqua Aerobics</b>	<b>TBW</b>	<b>Spinning</b>	
<b>SATURDAY</b>		<b>Seven Oaks Hell &amp; Back</b>	<b>Body Mind*</b>	 <b>SEVEN OAKS</b> HOTEL & LEISURE CLUB	
<b>SUNDAY</b>			<b>Seven Oaks Hell &amp; Back</b>		

\* Body Mind Class : Members Fee = €40 per month for unlimited access / €5 per class  
 Non members = €80 per month unlimited access / € 10 per class