



SEVEN OAKS

HOTEL & LEISURE CLUB

<u>Class times</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<u>6.45-7.30</u>		<u>Body Circuit</u> <u>Non Members</u> <u>€7</u>	<u>Pilates</u> <u>9.00-9.45</u>	<u>Spin</u> <u>€7 Non Members</u>		
<u>10-10.50</u>	<u>Aqua Aerobics</u>		<u>Aqua Aerobics</u>		<u>Aqua Aerobics</u>	<u>Instructors Choice</u> <u>10-11</u>
<u>11-11.45</u>	<u>Spin and Abs</u>	<u>Gym Class</u>		<u>Kettlebells</u> <u>11.30-12.45</u>	<u>Spinning</u>	
<u>6.15-7</u>	<u>Spinning</u>	<u>Body Tone</u>	<u>Spinning</u>	<u>Pilates</u> <u>€7 Non Members</u>	<u>Instructors Choice</u> <u>5.30-6.15</u>	
<u>7-7.45</u>	<u>Pilates</u> <u>€7 Non Members</u>	<u>Aqua Circuit</u>	<u>Kettlebells</u>	<u>Gym Class</u>		