



CLASS SCHEDULE

MONDAY:

9.30am-10.15am HIIT Various
 7.00pm-7.45pm Aqua Various

TUESDAY:

11.15am-12.00pm Aqua Various
 6.15pm-7.00pm AB's & Core Various
 7.15pm-8.00pm Barre Fitness Carmell
 7.00pm-9.00pm Adult Swim Lessons Donnacha

WEDNESDAY:

9.30am-10.15am 20/20 Fitness Various
 7.00pm-7.45pm Fitness Pilates Carmell
 7.00pm-7.45pm Childrens Swim Coaching Donnacha
 8.00pm-8.45pm Total Tone Various

THURSDAY:

11.15am-12.00pm Aqua Various
 7.00pm-7.45pm HIIT Various

FRIDAY:

4.15-6.00pm Childrens Swim Lessons Various

SATURDAY:

10am-1.00pm Childrens Swim Lessons Various

THE LAKESIDE HOTEL & LEISURE CENTRE
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 W: WWW.LAKESIDEHOTEL.IE/LEISURE
 MON-FRI 7AM - 9.45PM
 SAT/SUN/BANK HOL 8AM - 8.45PM

