

Templemore

Autumn Fitness Programme

(Effective from 5th September 2022)

Fitness Classes

Time	Class Name	Cost
Monday		
10.00am - 10.45am	Circuits	£4.00
10.00am - 10.45am	Yoga	£4.00
6.00am - 6.45pm	Studio Cycling	£4.00
7.00am - 8.00pm	Swim Fit	£4.00
7.45am - 8.30pm	Pilates	£4.00
Tuesday		
6.45am - 7.30am	Yoga	£4.00
1.00pm - 1.45pm	Studio Cycling	£4.00
6.00pm - 6.45pm	Studio Cycling	£4.00
Wednesday		
10.00am - 10.45am	Circuits	£4.00
10.45am - 11.30am	Studio Cycling	£4.00
6.00pm - 6.45pm	Studio Cycling	£4.00
6.15pm - 7.00pm	Zumba	£4.00
Thursday		
10.00am - 10.45am	Body Combat	£4.00
10.00am - 10.45am	Aqua Aerobics	£4.00
1.00pm - 1.45pm	Studio Cycling	£4.00
5.45pm - 6.30pm	Yoga	£4.00
6.00pm - 6.45pm	Circuits	£4.00
7.30pm - 8.15pm	Zumba	£4.00
Friday		
6.30am - 7.15am	Studio Cycling	£4.00
Saturday		
10.00am - 10.45am	Studio Cycling	£4.00
Sunday		
10.00am - 10.45am	Studio Cycling	£4.00