



CLASS TIMETABLE

	Pilates	Spinning	Aqua Aerobics	Fitness Classes	Kids Swim	Adult Swim	Boxercise
Monday	6.00pm *	7.30pm f	10.00am f				
Tuesday		7.00pm		6.00pm	4pm/5.00pm *	7.00pm *	
Wednesday		6.00pm f	7.00pm f	10.00am			8.00pm
Thursday		7.00pm		6.00pm	4pm/5.00pm *	7.00pm *	
Friday		6.00pm	10.00am f				5.00pm
Saturday		12noon			10am/11.00am *		

Classes marked with an * are part of a 4 or 6 week block of classes. Classes marked f are Free to members. Please contact Great National Hotel Ballina Leisure Centre for more information and/or class schedule.

MEMBERSHIP RATES

	Annual	Monthly Direct Debit	6 Months
Individual	€500	€50	€280
Couple	€800	€80	€450
Family	€900	€85	€490
Student	€400	€45	€240
Over 55	€400	€45	€240
Over 55 x 2	€680	€65	€370

INDIVIDUAL CLASSES

Individual classes can be bought for €5 – Pay as you go.

Pilates are €12 per session or 6 classes for €60 with limited places per class.

