



## CLASS TIMETABLE

	Pilates	Spinning	Aqua Aerobics	Fitness Classes	Kids Swim	Adult Swim	Boxercise
Monday	6.00pm <sup>*</sup>	7.30pm <sup>f</sup>	10.00am <sup>f</sup>				
Tuesday		7.00pm		6.00pm	4pm/4.50pm <sup>*</sup>	7.00pm <sup>*</sup>	
Wednesday		6.00pm <sup>f</sup>	7.00pm <sup>f</sup>	10.00am			7.00pm
Thursday		7.00pm		6.00pm	4pm/4.50pm <sup>*</sup>	7.00pm <sup>*</sup>	
Friday		6.00pm	10.00am <sup>f</sup>				5.00pm
Saturday		12noon		11.00am	10am/10.50am <sup>*</sup>		

Classes marked with an <sup>\*</sup> are part of a 4 or 6 week block of classes. Classes marked <sup>f</sup> 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	€45	€260
Couple	€800	€75	€420
Family	€900	€80	€470
Student	€400	€40	€220
Over 55	€400	€40	€220
Over 55 x 2	€680	€60	€350

## 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.

