

CLASS TIMETABLE

	Strength & Conditioning	Spinning	Aqua Aerobics	Kids Swim	Adult Swim
Monday	6.30pm ^f	7.30pm	10.00am ^f		
Tuesday				4.00pm - 6.00pm [*]	6.30pm [*]
Wednesday	6.30pm	7.30pm ^f			
Thursday				4.00pm - 6.00pm [*]	
Friday			10.00am ^f		
Saturday				10.00am - 12.00 [*]	

Classes marked with an ^{*} are part of a 4 or 6 week block of classes

Classes marked ^f are free to members

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 65	€400	€45	€240
Over 65 x 2	€680	€65	€370

Member Benefits

- Individual fitness programme
- FREE classes
- 10% discount in McShanes
- 10% Discount Eidin Spa