

CLASS TIME TABLE

	Mon	Tues	Wed	Thurs	Fri	Sat
10.00am	Aqua f				Aqua f	Kids Swim (10am-12.15pm)
4.00pm		Kids Swim (4.00-6.15pm)		Kids Swim (4.00-6.15pm)		
5.00pm						
6.00pm	HIIT f	Strength & f Conditioning		Circuits f		
7.00pm	Spin f			Spin f		
7.30pm		Adult Swim*		Adult Swim*		

Classes marked with an ***** are part of a 6 week block of classes
Classes marked **f** are free to full members (gym & pool)

MEMBERSHIP RATES

	Annual	Monthly Direct Debit	6 Months
Individual	550	55	290
Couple	860	85	470
Family	980	100	520
Student	450	45	250
Over 65	450	45	250
Over 65 x 2	700	70	400

Member Benefits

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