



ÉIDIN LEISURE

CLASSES TIMETABLE

CLASS TIMETABLE

	MON	TUES	WED	THURS	FRI	SAT	SUN
8.30am – 12.30pm	–	–	–	–	–	–	 Yoga (8.30 – 9.30am)  Turtle Tots Swim (9.30am – 12.30pm)
10.00am	F  Aqua	–	–	–	F  Aqua	F  Strength & Conditioning	–
11.00am	–	–	–	–	–	 Kids Swim* (11.00 – 11.15pm)	–
4.00pm	–	 Kids Swim* (4.00 – 6.15pm)	–	 Kids Swim* (4.30 – 6.00pm)	–	–	–
6.30pm	F  Strength & Conditioning	–	F  Spin	F  Circuits	F  Spin (6.15pm)	–	–
7.15pm	F  Spin	 Adult Swim* (Improvers)	F  Aqua (Sep – Dec)	 Adult Swim* (Beginners)	–	–	–
7.45pm – 8.45pm	–	 Meditation, Breathwork & Chakra Awakening	–	–	–	–	–



Classes marked with an * are part of a 7 week block of classes



Pay as you go (PAYG) classes: €10.00 per class



Classes marked **F** are free to full members (gym & pool)

FOLLOW US



+353 (0) 96 23601



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www.hotelballina.ie

*Fitness
for a Brighter
Tomorrow*



ÉIDIN LEISURE

FITNESS • HEALTH • WELLBEING



Fitness



Swimming



Wellbeing



MEMBERSHIP RATES

	ANNUAL	MONTHLY DIRECT DEBIT *minimum 6 months	6 MONTHS
 Individual	€600	€60	€330
 Couple	€950	€95	€550
 Family*	€1,100	€120	€600
 Student**	€500	€50	€280
 Over 65's	€500	€50	€280
 Over 65's (Couple)	€780	€80	€450
 Gym or Pool Only	€500	€50	€280

* 2 Adults & 2 Children under 17

** Over 18 with student card

MEMBER BENEFITS



Individual fitness programme



FREE classes



10% discount in McShanes



10% Discount
Éidin Spa



Great National
Hotel Ballina



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