

CLASS TIMETABLE

* PAID COURSES

T: +353 45 981600

E: MANAGER@KILLASHEELEISURE.COM

WWW.KILLASHEELEISURE.COM

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	SUNDAY
7.00am 8.00am	*PERFORMANCE TRAINING		GROUP CYCLE 6.30am		*PERFORMANCE TRAINING		GROUP CYCLE 6.30am		*PERFORMANCE TRAINING			
9.30am 10.15am	GROUP CYCLE		K-LIFT & BURN 45	*YOGA 50+ 9.15am	GROUP CYCLE	*YOGA	FIT STEPS	STEP & TONE	GROUP CYCLE	*PILATES	*YOGA	
10.15am 11.00am	CIRCUITS	*PILATES 10.00am	GROUP CYCLE	ACTIVE & HEALTHY 50+ 10.30am	CIRCUIT		*PILATES 10.30pm	ACTIVE & HEALTHY 50+ 10.30am	K-LIFT & BURN 45			KARATE
11.15am 12.00pm									FUNCTIONAL FIT			
1.00pm 2.00pm			CORE POWER 30				CORE POWER 30					
EVENING CLASSES												
4.30pm 5.15pm			HIIT 30		GROUP CYCLE				STEP & TONE		GROUP CYCLE 4PM	
5.30pm 6.15pm	GROUP CYCLE		K-LIFT & BURN 45		CIRCUIT		KETTLEBELL CORE 45 5:00pm		K-LIFT & BURN 45			
6.30pm 7.30pm	*PERFORMANCE TRAINING		ZUMBA 6.20pm	GROUP CYCLE	*PERFORMANCE TRAINING		GROUP CYCLE 6.00pm		ZUMBA			
7.00pm 8.00pm	*PILATES 7.30pm	KETTLEBELL CORE 45	FIT STEPS 7.30pm	*FOUNDATIONS OF FUNCTIONAL STRENGTH 7.30PM	KARATE	HIIT 30	*YOGA	*FOUNDATIONS OF FUNCTIONAL STRENGTH 7.30PM				
8.00pm 9.00pm	*PILATES 8.30pm											

NO CLASSES ON BANK HOLIDAYS

POOL TIMETABLE

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.30am 8.00am			SWIM SMOOTH 6.10am - 7.10am	SWIM SMOOTH 6.10am - 7.10am			
8.00am 10.00am	AQUA 9.15am - 10.00am		SWIM SMOOTH 9.30am - 10.30am				SWIMTASTIC 9.00am - 10.00am
10.00am 11.00am	AQUA 10.30am - 11.15am	AQUA 10.30am - 11.15am	AQUA 10.30am - 11.15am	AQUA 10.30am - 11.15am	AQUA 10.00am - 10.45am	AQUA 10.00am - 10.45am	SWIMTASTIC
11.00am 12.00pm					SWIMTASTIC	CLUB SWIM LESSONS	SWIMTASTIC
12.00pm 1.00pm					SWIMTASTIC	CLUB SWIM LESSONS	SWIMTASTIC
1.00pm 2.00pm					SWIMTASTIC	CLUB SWIM LESSONS	SWIMTASTIC
2.00pm 3.00pm					SWIMTASTIC		SWIMTASTIC
3.00pm 4.00pm		CLUB SWIM LESSONS	CLUB SWIM LESSONS	CLUB SWIM LESSONS	CLUB SWIM LESSONS		
4.00pm 5.00pm		CLUB SWIM LESSONS	CLUB SWIM LESSONS	CLUB SWIM LESSONS	CLUB SWIM LESSONS		
5.00pm 6.00pm		CLUB SWIM LESSONS	CLUB SWIM LESSONS	CLUB SWIM LESSONS	CLUB SWIM LESSONS		
6.00pm 7.00pm	SWIM SMOOTH 6.00pm - 7.00pm	AQUA 6.30pm		AQUA 6.30pm			
7.00pm 8.00pm	SWIM SMOOTH 7.00pm - 8.00pm						
8.00pm 9.30pm							

NO CLASSES ON BANK HOLIDAYS