

CLASS TIMETABLE

* PAID COURSES

T: +353 45 981600

E: MANAGER@KILLASHEELEISURE.COM

WWW.KILLASHEEHOTEL.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		BARBELL STRENGTH	*YOGA 50+ 9.15am	GROUP CYCLE	*YOGA	FIT STEPS	STEP & TONE	BARBELL STRENGTH	*PILATES	*YOGA	
10.15am 11.00am	FUNCTIONAL FIT 10.30am	*PILATES 10.00am	STEP & TONE	ACTIVE & HEALTHY 50+ 10.30am	BARBELL STRENGTH 10.30am		*PILATES 10.30pm	ACTIVE & HEALTHY 50+ 10.30am	GROUP CYCLE			KARATE
11.15am 12.00pm									FUNCTIONAL FIT			
1.00pm 3.00pm			SPIN & CORE 1.00pm - 1.45pm				SPIN & CORE 1.00pm - 1.45pm				BARBELL STRENGTH 2.00pm	

EVENING CLASSES

3.30pm 4.30pm												
4.30pm 5.15pm												
5.30pm 6.15pm	GROUP CYCLE		BARBELL STRENGTH		SPIN & CORE		*YOGA 5.45pm	BARBELL STRENGTH 5.00pm	BARBELL STRENGTH 5.30pm			
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	CORE STRENGTH	*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			AQUA 09.30am - 10.15am	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	CLUB SWIM LESSONS 10.30am	SWIMTASTIC
11.00am 12.00pm				Adult Swim Lessons 11.30am	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