

CLASS TIMETABLE

* PAID COURSES

T: +353 45 981600

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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	SPIN & CORE		CIRCUIT	*YOGA 50+ 9.15am	STRENGTH TRAINING	*YOGA	STEP & TONE		GROUP CYCLE	*YOGA	
10.30am 11.15am	FUNCTIONAL FIT	*PILATES 10.00am	ACTIVE & HEALTHY 50+		GROUP CYCLE		*PILATES	ACTIVE & HEALTHY 50+	LOWER BODY & CORE		KARATE
11.15am 12.00pm									FUNCTIONAL FIT 11:15AM	STRENGTH TRAINING	
1.00pm 1.45pm			SPIN & CORE		LOWER BODY & CORE		SPIN & CORE				

EVENING CLASSES

3.30pm 4.30pm											
4.30pm 5.15pm											
5.30pm 6.15pm	CIRCUIT		STEP & TONE		SPIN & CORE		*YOGA 5.45pm	STRENGTH TRAINING 5:00PM	LOWER BODY & CORE 5PM		
6.30pm 7.30pm	*PERFORMANCE TRAINING	KETTLEBELL CORE	ZUMBA 6.20PM	ACTIVE & HEALTHY 50+	*PERFORMANCE TRAINING		SPIN & CORE 6:00PM		ZUMBA		
7.30pm 8.30pm	*PILATES 7.30pm		FIT STEP 7.30PM	SPIN & CORE 7.35PM	KARATE	CORE STRENGTH 30	*YOGA				
7.30pm 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 09.00am - 09.45am	SWIMTASTIC
10.00am 11.00am	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	CLUB SWIM LESSONS 10.00am	SWIMTASTIC
11.00am 12.00pm	SWIMTASTIC			Adult Swim Lessons 11.00am	SWIMTASTIC	CLUB SWIM LESSONS	SWIMTASTIC
12.00pm 1.00pm	SWIMTASTIC			Adult Swim Lessons	SWIMTASTIC	CLUB SWIM LESSONS	SWIMTASTIC
1.00pm 2.00pm	SWIMTASTIC				SWIMTASTIC		SWIMTASTIC
2.00pm 3.00pm	SWIMTASTIC				SWIMTASTIC		SWIMTASTIC
3.00pm 4.00pm		CLUB SWIM LESSONS	CLUB SWIM LESSONS	CLUB SWIM LESSONS	CLUB SWIM LESSONS		SWIMTASTIC
4.00pm 5.00pm		CLUB SWIM LESSONS	CLUB SWIM LESSONS	CLUB SWIM LESSONS	CLUB SWIM LESSONS		SWIMTASTIC
5.00pm 6.00pm		CLUB SWIM LESSONS	CLUB SWIM LESSONS	CLUB SWIM LESSONS	CLUB SWIM LESSONS		SWIMTASTIC
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							

• SWIMTASTIC
BABY SWIM LESSONS- SMALL POOL SECTION

NO CLASSES ON BANK HOLIDAYS