

# 2019 Class Timetable / Clár ama Ranga

## MONDAY | DÉ LUAIN

Spin	7:00am - 7:45am	ROSS
Pilates	10:00am - 10:45am	SHELLY
Kettlebells	5:30pm - 6:15pm	JASON
Spin	6:30pm - 7:15pm	BRENDAN
Heated Yoga ■	7:15pm - 8:30pm	
Bootcamp	7:30pm - 8:15pm	VIVIAN

## THURSDAY | DÉARDAOIN

15•15•15	10:00am - 10:45am	VIVIAN
Lift & Tone	5:30pm - 6:15pm	TANYA
Boxer-size	6:30pm - 7:15pm	BRENDAN
Aqua Fit	7:30pm - 8:15pm	BRENDAN
Corrib Karate ■	7:30pm - 9:00pm	
Heated Yoga ■	5:45pm - 7:00pm	

## TUESDAY | DÉ MÁIRT

Power Hour	10:00am - 11:00am	TANYA
Heated Yoga ■	5:45pm - 7:00pm	
Step & Tone	5:30pm - 6:15pm	VIVIAN
Boxer-size	6:30pm - 7:15pm	ROSS
Aqua Fit	7:30pm - 8:15pm	JASON
Corrib Karate ■	7:30pm - 9:00pm	

## FRIDAY | DÉ hAOINE

W.O.D	7:00am - 7:30am	BRENDAN
Spin	10:00am - 10:45am	BRENDAN
Aqua Fit	11:00am - 11:45am	TANYA
Spin	5:30pm - 6:15pm	ROSS
Bootcamp	6:30pm - 7:15pm	VIVIAN
West Karate ■	6:30pm - 9:30pm	

## WEDNESDAY | DÉ CÉADAOIN

Spin	7:00am - 7:45am	JASON
GymFit	10:00am - 10:45am	VIVIAN
Aqua Fit	11:00am - 11:45am	VIVIAN
HIIT	5:30pm - 6:00pm	ROSS
Spin	6:15pm - 7:00pm	TANYA
Heated Yoga ■	7:15pm - 8:30pm	
Insanity	7:30pm - 8:15pm	BRENDAN

## SATURDAY | DÉ SATHAIRN

O'Raw Fitness	9:30am - 10:15am	STEPHEN
Spin	10:30am - 11:15am	STEPHEN
West Karate ■	11:00am - 3:00pm	

## SUNDAY | DÉ DOMHNAIGH

Heated Yoga ■	10:30am - 11:45am	
Heated Yoga ■	12:00pm - 1:15pm	

CLASS TIMETABLE  
JAN 7<sup>TH</sup>  
TO  
MAR 16<sup>TH</sup>

## CLASS REQUIREMENTS

Minimum of **3** participants for a class to go ahead  
Minimum of **5** for Aquafit to go ahead

 GetActiveGalway

 ActiveFitnessGalway

 ActiveFitnessAndLeisure

SWIM CLASSES ALSO AVAILABLE - Please enquire at reception for full details  
RANGANNA SNÁMHA AR FÁIL CHOMH MAITH - Tá na sonraí eolais ar fad le fáil ag an oifig fáilte.

Every effort has been made to provide our members with a varied and challenging class timetable for the coming months.

Please be advised that classes and times are subject to change, at which time we will endeavour to provide you with as much notice as possible.

Tá gach iarracht déanta chun clár ama éagsúil agus dúshlánach a chur ar fáil dár gcuid baill do na míonna amach romhainn. Tabhair faoi deara le bhur dtoil go bhféadfadh na ranganna agus na hamanna athrú, agus nuair a tharlaíonn sé sin, déanfaidh muid gach iarracht sibh a chur ar an eolas chomh luath agus is féidir.

Classes in red ■ denote paid classes. Please contact reception to enroll in any of the above classes.  
Ciallaíonn na ranganna i ndearg ranganna ■ íoctha trí thabhartas. Is féidir clárú d'aon cheann de na ranganna thuasluaite ag an oifig fáilte.