

Fitness Class Timetable 2011

		Monday	Tuesday	Wednesday	Thursday	Friday
Dance Studio	10a.m.	Spinning		Spinning		Bums & Tums
Dance Studio	11a.m.		Pilates		Body Tone	Step & Tone
Swimming Pool	11.a.m	Aqua		Aqua		
Dance Studio	7p.m.	Pilates	Spinning	Body Tone	Spinning	
Dance Studio	8p.m.	Bums & Tums	Step & Tone	Bums & Tums	Step & Tone	
Swimming Pool	8p.m.	Aqua		Aqua		

Personal Fitness Programmes available, contact reception for details.

Please arrive at least 10 minutes before class is due to start, late arrivals may not be admitted. Minimum age: 16 years.

Places are limited and available on a first-come-first-served basis only. Minimum numbers may be required for class to run.

For more information about any of our fitness classes see www.coralleisure.ie/forestpark

Timetable valid from 5 September 2011.