



### Class timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
9.15 am		<b>Total Tone</b>		<b>Total Tone</b>	
10am		<b>Aqua</b>		<b>Aqua</b>	
11am			<b>Light Circuit</b>		
1pm					
7pm-7.45pm	<b>Circuits(HIIT)</b>	<b>Aqua</b>	<b>Circuits(HIIT)</b>	<b>Aqua</b>	
7.45pm-8.15pm	<b>Abs and core</b>		<b>Abs and core</b>		
8pm – 8.45pm		<b>Kettlebells</b>		<b>Kettlebells</b>	

**We require a minimum of 3 people for classes to go ahead**

#### **Club Opening Hours**

Monday – Friday = 6.30am – 10pm

Saturday, Sunday and Bank Holiday's = 8am – 8.45pm

Children's Hours = 9am – 7pm (daily)

#### **Swimming Lesson Times**

Monday and Wednesday = 2.30pm – 8pm

Saturday = 10am – 4pm

**For any further information please contact us on 061-331311 or email us on [club@castletroypark.ie](mailto:club@castletroypark.ie)**