

# THE FITNESS CLUB

RADISSON BLU HOTEL & SPA, SLIGO

# Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00-9:00					
09:00-10:00					
10:00-13:00	Aqua Aerobics		10AM Aqua Aerobics		
13:00-15:00					
15:00-16:00					
16:00-17:00					
17:00-18:00					
18:00-19:00	Fresh Start Fitness Yoga		Pilates (Ballincar)		
19:00-20:00		Aqua Aerobics		Aqua Aerobics	
20:00-21:00					