



**KILLYHEVLIN**  
HEALTH CLUB

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.15am	SPINNING	SPINNING	SPINNING	SPINNING	SPINNING		
10.00am	SPINNING + ABS	STEP	BOXERCISE	STUDIO PUMP	CIRCUITS	ENDURO-SPIN	ENDURO-SPIN
11.30am Pool		AQUA		AQUA			
12.15pm	SPINNING		SPINNING		SPINNING		
3.00pm		YOGA	SENIOR AEROBICS			SPINNING	
4.00pm						YOGA	
5.00pm	SPINNING	CIRCUITS	SPINNING + ABS	BODY BALL			
6.00pm Pool			AQUA				
6.00pm	STEP	BOXERCISE	STUDIO PUMP	STEP	SPINNING		
7.00pm	SPINNING	YOGA	STEP	SPINNING			
8.00pm	STUDIO PUMP	SPINNING	YOGA				
8.50pm	STUDIO PUMP	SPINNING + ABS	STUDIO PUMP				