



**New Class timetable starts Wednesday 2<sup>nd</sup> January 2019**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>EARLY-MORNING CLASSES</b>					
07:00 – 07:45am BIKE & BELLS / ABS	07:00 – 07:45am BOX FIT & ABS	07:00 – 07:45am EARLY MORNING FLEXIBILITY	07:00 – 07:45am EARLY MORNING CYCLE & ABS	07:00 – 07:45am BARBELLS & ABS	08:30 - 09:15am INSTRUCTOR CHOICE
<b>MORNING CLASSES</b>					
09:30 - 10:00am PURE CYCLE	09:30 – 10:15am IRON 45	09:30 – 10:00am TRX & BELLS	09:30 - 10:00am FLEXIBILITY	09:30 - 10:00am FIT BALL BLAST	09:30 – 10:15am PILATES
10:00 - 10:15am ABS BLAST		10:00 – 10:45am PILATES	10:00 - 10:15am ABS BLAST	10:00 - 10:15am ABS BLAST	
11:00 – 11:45am AQUA AEROBICS	10:30 - 11:30am SCHOOL LESSONS	11:00 – 11:45am AQUA AEROBICS	11:00 – 11:30am SUPER SENIORS	11:00 – 11:45am AQUA AEROBICS	11:00 - 14:00pm KIDS SWIM LESSONS €
<b>Lunch Time Classes</b>					
15:30 - 19:15pm JUNIOR LIFE GUARD €	15:00 - 18:00pm KIDS SWIM LESSONS €	15:00 - 18:00pm KIDS SWIM LESSONS €		15:00 - 18:00pm KIDS SWIM LESSONS €	15:00 - 18:00pm KIDS SWIM LESSONS €
16:30 – 17:00pm TEEN BLAST (12-15yrs)	16:30 – 17:00pm TEEN BLAST (12-15yrs)	16:30 – 17:00pm TEEN BLAST (12-15yrs)			
<b>EVENING CLASSES</b>					
18:00 - 18:30pm FLOOR & BELLS	18:00 - 18:30pm H.I.I.T CYCLE	18:00 - 18:30pm BARBELL BLAST	18:00 - 18:45pm IRON 45	18:15 - 17:00pm 15/15/15	<ul style="list-style-type: none"> <li>● Resistance Classes</li> <li>● Cardio Classes</li> <li>● Mixture of Cardio &amp; Resistance</li> <li>● Water Based Classes</li> <li>● Paid for Classes/ Courses €</li> </ul>
18:30 - 18:45pm ABS ATTACK	18:30 - 19:00pm BLT (BUMS, LEGS & TUMS)	18:30 - 18:45pm ABS ATTACK			
19:00 - 19:45pm FIT BALL BLAST	19:00 - 19:45pm PILATES	19:00 - 19:45pm CYCLE & CORE		19:00 - 19:30pm AQUA AEROBICS	
20:00 - 20:30pm AQUA AEROBICS	20:00 - 20:45pm ADULT SWIM LESSONS €	20:00 - 20:30pm AQUA AEROBICS	20:00 - 20:45pm ADULT SWIM LESSONS €		
20:00 – 21:00pm OB PILATES € (7WK Course starts 07/01/19) BEGINNER	20:00 - 20:45pm BIKES & BARS /ABS	20:00 - 20:45pm CLASSIC CIRCUITS & ABS	20:00 – 21:00pm OB PILATES € (7WK Course starts 10/01/19) INTERMEDIATE		

**OPENING HOURS**

Monday – Thursday: 6:30am – 10:00pm, Friday: 6:30am – 9:00pm,

Saturday: 8:00am – 8:00pm, Sunday: 9:00am – 6:00pm



Like 4FIT Leisure Monaghan, Phone: 047-77320, E-mail: [leisure@4seasonshotel.ie](mailto:leisure@4seasonshotel.ie)

Please note: (Pool Area Closes 30 minutes before actual closing time)

Class Rules: Bring a towel & a bottle of Water. Arrive 5 mins before class is set to start. Minimum 3 people for the class to go ahead but if 1 person turns up we do a PT Session, if 2 people turn up we do a Double PT Session

All classes open to Non-Member, price €10 per Class.