


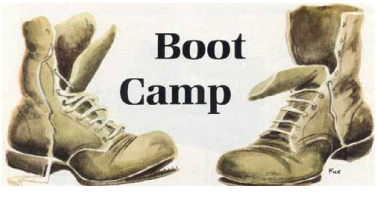


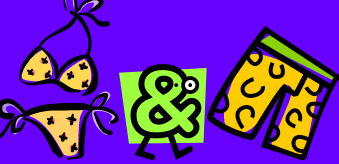







Monday ↓	Tuesday ↓	Wednesday ↓	Thursday ↓	Friday ↓
<p>Aqua Aerobics Women's & Men's</p>  <p>@ 11am -11.45am</p>	<p>Aqua Aerobics Men & Women 10.15am – 11am 6.30pm – 7.15pm</p> <p>*Children's swimming lessons</p>  <p>Tuesday 3.45-6.15 Thursday 3.45-6.15 Saturday 9.00-12pm 057 8695960</p>	<p>KettleBells 11am -11.30am</p> 	<p>Body & Soul</p> <p>Body & Soul Therapy Rooms 10% off for Club Vitae members' midweek!! 05786 95933</p>	<p>Circuit Training 11.00am-11.45am</p>  <p>Boot Camp</p>
<p>*Pre-paid CLASSES. All additional Classes are open to members (FREE) & non members(€7) Pool only members €5 for classes in Gym</p>			<p>Aqua Aerobics Women's & Men's</p>  <p>10.15am – 11am 6.30pm – 7.15pm</p>	<p>10% DISCOUNT FOR ALL MEMBERS AT STIR RESTAURANT</p>
<p>KettleBells 6.00-6.30pm</p> 	<p>Pilates Tuesdays: 5.15-6.15 Inter 6.15-7.15 Beg 7.15-8.15 Ante Natal</p> <p>Thursday mornings: 10-11am Intermediate 11-12pm Beginners</p> <p>Bookings : Catherine 0860697078 or at catherinecashmanphysio@gmail.com</p>	<p>*Pilates ante-natal & regular Please contact Catherine on 086 0697078</p>	 <p>*Yoga Wednesday & Thursday David 086 8374356</p>	 <p>SATURDAY MORNINGS Outdoor Boot camp 9.30-10.15am €5 non members Free for members</p>
<p>Aqua Aerobics Men & Women 8.00pm – 8.45pm</p> <p>SPIN CLASS 7-7.45 (please book at reception)</p>	<p>Please Book in for all Studio classes at Reception. Thank You</p>	<p>Watch out for our various special membership offers posted on club notice boards & Facebook!</p> 	<p>Children under 14 must be accompanied by an adult in the water and must not be left unsupervised in the pool at any time.</p>	 <p>Bodyblast FRIDAY @ 6pm (please book)</p>

Due to limited places per class; please pre-book your place for ALL studio classes at the reception desk in Club Vitae at 05786-95960.



OPENING TIMES:

Monday – Friday: 7am – 10pm

Sat – Sun & Bank Holidays: 8am – 8pm

Please note that there are no classes on bank holiday Mondays

(Please vacate pool and gym
30 minutes before closing time)

CHILDREN swim hours:

Monday – Sunday: Opening – 6.45pm

Please note; Children under the age of 16 are not permitted to use the sauna, steam room or Jacuzzi.

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***Minimum of 3 people per class

Children under 14 must be accompanied by an adult in the water and must not be left unsupervised in the pool at any time.

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