

## Spring Class timetable 2019

**Starts Monday 11th March**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>9.30</b>	T N A*	Body Tone	Spin N Tone*	Kick N Core	B.L.T	
<b>10.15</b>	Yogalates <b>10:30AM</b>	Spin	Golden Zone <b>10:30 AM</b>	Stretch	Golden Zone <b>10:15 AM</b>	Triple T20* <b>10 AM</b>
<b>11.00</b>		Aqua		Aqua		Aqua
<b>3.15</b>			Childrens Lessons			
<b>4.00</b>			Childrens Lessons	Childrens Lessons		
<b>4.45</b>			Childrens Lessons	Childrens Lessons		
<b>6.30</b>	H.I.I.T	Spin & Core*	Body Tone*	Circuits*	Boot Camp*	
<b>7.30</b>	Core	B.L.T	Aerobics	Stretch		
<b>8.15</b>	Aqua	Yogalates	Aqua	Adult Swim Lessons		

**\* 1 Hour**

**Min of 3 people per gym class and 5 per pool classes**

**If interested in Swim Lessons, please enquire at the reception desk**

**Saturday Triple T20 starts @ 10AM**

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