

## Platform fitness new class timetable

For Monday 2nd – Friday 6<sup>th</sup> March



|           |                       |         |
|-----------|-----------------------|---------|
| Mon       | Circuits              | 7.00pm  |
| Tuesday   | Pilates with Eadaoin* | 6.30pm  |
|           | Aqua Aerobics         | 7.15pm  |
| Wednesday | Pilates with Eadaoin* | 6.30pm  |
|           | HIIT Class            | 6.45pm  |
| Thursday  | Aqua Aerobics         | 7.15pm  |
|           | BallyK Bootcamp       | 7.00pm  |
| Friday    | Aqua Aerobics         | 10.30am |

(\*You must reserve a mat in Pilates, and pay for course upfront, so please call for more info.)

Class Cost; €7 for non members, €5 for members. Pilates are a different rate.  
All levels of fitness welcome!.



Great National  
Ballykisteen Golf Hotel

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