



**PLATFORM**  
fitness

# Platform Fitness Exercise Class Timetable

BEGINS MONDAY 5TH SEPTEMBER 2016



Day	Class	Instructor
<b>MONDAY</b>		
6.30p.m. - 7.30p.m.	ZUMBA	JOANNE
7.30p.m.-8.15p.m.	INDOOR BOOTCAMP	JOHN
<b>TUESDAY</b>		
6.30p.m.-7.30p.m.	ZUMBA	JOANNE
<b>WEDNESDAY</b>		
10.30a.m.-11.15a.m.	AQUA ZUMBA	JOANNE
6.30p.m.-7.30p.m.	ZUMBA	JOANNE
7.30p.m.-8.15p.m.	INDOOR BOOTCAMP	JOHN
<b>THURSDAY</b>		
10.30a.m.-11.15a.m.	AQUA AEROBICS	JOANNE
6.30p.m.-6.55p.m.	BALLYK HIIT	JOANNE
7.15p.m.-8.00p.m.	AQUA ZUMBA	JOANNE
<b>FRIDAY</b>		
6.00p.m.-7.00p.m.	WEIGH & TRAIN CHALLENGE	JOANNE

Block class passes	6 weeks	8 weeks	Pay as you go
Zumba	€65	€80	€8.00
Aqua Zumba	€40	-	€7.00
Aqua Aerobics	€35	-	€7.00
Indoor Bootcamp/Circuits	€50	€60	€7.00
BallyK HIIT Class	-	-	€3.50
Weigh & Train	€72	-	-

**Ballykisteon Hotel & Golf Resort**

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