

Platform Fitness **NEW** Class Timetable

Starting Monday 18th July (for 6 Weeks)

Book your slot now on: www.legifit.com/t/platform/

<u>Monday</u>	Ladies Gym	9.30am (45 minutes)
	Core/Mobility	10.30am (30 minutes)
<u>Tuesday</u>	Circuits	9.30am (45 minutes)
	TRX-Combo	7pm (45 minutes)
<u>Wednesday</u>	Ladies Gym	9.30am (45 minutes)
	Ladies Gym	7pm (45 minutes)
<u>Thursday</u>	Aqua Aerobics	11.00am (45 minutes)
	Instructors Choice	7pm (45 minutes)
<u>Friday</u>	Aqua Aerobics	11.00am (45 minutes)
	TRX-Combo	7pm (45 minutes)

Cost: €8 for non members, €6 for members. All levels of fitness welcome!

Pre-booking is mandatory & essential to guarantee place

Book your slot now on legifit.com/t/platform/

062 33333 | leisure@ballykisteenhotel.com