**Crumlin Leisure Centre – Fitness Class Timetable – 2019**

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| **FITNESS CLASSES** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| **Body Blitz** |  |  |  |  |  | 9.15-10.00am |  |
| **Bootcamp** |  |  |  |  |  |  | 9.15-10.00am |
| **Box-a-cise** |  | 8.00-8.45pm |  |  |  |  |  |
| **Box n Burn** |  |  |  | 6.00-6.45pm |  |  |  |
| **Core Conditioning** |  |  |  |  | 7.30 – 8.15pm |  |  |
| **Fit & Active Over 50** | 9.30-10.30am | 10.00-11.00am |  |  |  |  |  |
| **Kettlebells** |  |  | 6.00 – 6.45pm  7.00 - 7.45pm |  |  |  |  |
| **Kettlebell Beginners** | 7.00- 7.00 -7.45pm |  |  |  |  |  |  |
| **Parent & Toddler Body Blitz / Circuits #** | 9.30-10.15am |  | 9.30-10.15am |  | 9.30-10.15am |  |  |
| **Pilates** |  | 6.45-7.30pm | 10.00 -10.45am | 7.00 – 7.45pm  8.00 – 8.45pm |  |  |  |
| **Spin** | 5.15-6,00pm | 6.00 – 6.45pm  7.00 – 7.45pm |  | 5.30-615pm  6.30-7.15pm | 6.30 – 7.15pm |  | 10.30-11.15am |
| **Spin & Sculpt** | 6.00- 6.45pm |  |  |  |  |  |  |
| **Yoga** | 7.00 – 7.45pm  8.00 – 8.45pm |  |  | 10.00-10.45am | 6.00 – 6.45pm |  |  |
| **Zumba** |  |  | 8.00 – 8.45pm |  |  |  |  |
| **15,15,15** | 8.00 – 8.45pm |  |  |  |  |  |  |

# = Not available for online booking.