

Crumlin Leisure Centre – Fitness Class Timetable – March 2019.

= Not available for online booking.

FITNESS CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Body Blitz						9.15-10.00am	
Bootcamp							9.00-9.45am New start time
Box-a-cise		8.00-8.45pm					
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 -7.45pm						
Parent & Toddler Body Blitz / Circuits #			9.30-10.15am		9.30-10.15am		
Pilates		6.45-7.30pm NEW	10.00 -10.45am	7.00 – 7.45pm 8.00 – 8.45pm			
Spin	5.15-6.00pm NEW	6.00 – 6.45pm 7.00 – 7.45pm		5.30-6.15pm NEW 6.30-7.15pm NEW	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		7.15-8.00pm NEW		
15,15,15	8.00 – 8.45pm						