

# Class Timetable 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CYCLE CLASS 6:30 - 7:00		CYCLE CLASS 6:30 - 7:00		CYCLE CLASS 6:30 - 7:00
PILATES/CORE 9:30 - 10:15		PILATES/CORE 9:30 - 10:15		PILATES/CORE 9:30 - 10:15
20/20 18:00 - 18:50	CYCLE CLASS 18:00 - 18:45	20/20 18:00 - 18:50		20/20 18:00 - 18:50
	PILATES/CORE 20:00-20:45			

## MEMBERSHIP INCLUDES THE FOLLOWING:

- A wide variety of complimentary classes
- Unlimited use of gym, pool, sauna, steam room and jacuzzi
- 10% discount on food & beverage in the hotel (on presentation of a valid membership key tag)
- Free personal fitness programs created for you, by our qualified team
- Please note- if signing a child up who wishes to use the gym, a copy of their birth certificate is required. Access to gym will not be permitted otherwise
- Discounts on spa treatments available for members throughout the year
- Members receive special rates on Group Swimming Lessons.
- Lessons also open to General Public
- Members Christmas & Summer Parties
- Heated Swimming Pool - 31 Degrees

## PLEASE NOTE THE ABOVE TIMETABLE IS VALID FROM JULY 2020 & SUBJECT TO CHANGE

- All classes are included in membership rate.
- A minimum of 3 people required for the class to commence.
- No admittance to class 5 minutes after start time.