

Class Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CYCLE CLASS 6:30 - 7:15		CYCLE CLASS 6:30 - 7:15		CYCLE CLASS 6:30 - 7:15	
			TURTLE TOTS POOL HIRE 9:00 - 11:00		TURTLE TOTS POOL HIRE 8:30 - 11:00
PILATES/ CORE 9:30 - 10:15		PILATES/ CORE 9:30 - 10:15	PILATES/ CORE 9:30 - 10:15	PILATES/ CORE 9:30 - 10:15	
AQUA AEROBICS 10.30 - 11.15		AQUA AEROBICS 10.30 - 11.15		AQUA AEROBICS 10.30 - 11.15	
SWIM LESSONS 15:30 - 18:00	SWIM LESSONS 15:30 - 18:00				
CYCLE CLASS 18:00 - 18:20	CYCLE CLASS 18:00-18:45	CYCLE CLASS 18:00 - 18:20		CYCLE CLASS 18:00 - 18:20	
BODY SCULPT 18:20 - 18:40		BODY SCULPT 18:20 - 18:40		BODY SCULPT 18:20 - 18:40	
	PILATES 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

PLEASE NOTE THE ABOVE TIMEABLE IS 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.
- To reserve your space call Tonic on 01 640 6333 24 hours prior to your class. Alternatively, members can be added to a WhatsApp group to book and reserve their space on the day.
- Please notify a Tonic staff member if you wish to be included in this group.