



LEISURE CLUB

CHARLEVILLE PARK HOTEL



PRESENTS

NEW YEAR FITNESS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	10:30 AQUA AEROBICS	10:00 PILATES		10:30 AQUA AEROBICS
18:00 SPINNING	18:30 BUMS AND TUMS	18:30 SPINNING	18:30 BOXERCISE	
19:00 AQUA AEROBICS		19:30 TRIPLE L	19:30 AQUA AEROBICS	



BOOK YOUR SPOT NOW €3 MEMBER €8 NON MEMBERS

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