



Summer Class Timetable

Monday

10.30 - 11.15am AQUA

1 - 6pm TEEN GYM

6.30 - 7.15pm SPIN

7.30 - 8.15pm AQUA

Wednesday

10.30 - 11.15am AQUA

1 - 6pm TEEN GYM

6.30 - 7.15pm POWER PUMP

7.45 - 8.30pm AQUA

Friday

11am - 12pm CAIRDEAS CENTRE GYM

6.30 - 7pm SPIN BLAST

Tuesday

8.30 - 9am PILATES

1 - 6pm TEEN GYM

6.30 - 7.15pm SPIN

Thursday

10.15 - 11am POWER PUMP

11am - 12pm CAIRDEAS CENTRE SWIM

1 - 6pm TEEN GYM

6.30 - 7.15pm CIRCUITS

Contact 059-9180108

KIDS SUMMER SWIM CAMPS

MONDAY TO FRIDAY 9-10AM & 3-4PM

SCHEDULE:

WEEK 1: JULY 8th-12th

WEEK 2: JULY 22nd - 26th

WEEK 3 : JULY 29th - AUGUST 2nd

WEEK 4: AUGUST 12th-16th

