



# Class Timetable September 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 - 8:20 Mobility	8:00 - 8:20 Mobility	8:00 - 8:20 Mobility	8:00 - 8:20 Mobility	8:00 - 8:20 Mobility		
9:30 - 10:15 Fight Fit	9:30 - 10:15 BBB's	9:30 - 10:00 Jump Fit	9:30 - 10:15 Spin & Trim	9:30 - 10:15 Flexibility		
	10:30-11:30 Pilates**	10:00-10:30 Flexibility			10:00-10:45 Spin & Trim	10:00-10:45 Upper & Lower
11:00-11:30 Aqua		11:00-11:45 Aqua		11:00-11:45 Aqua		
11:30-12:00 Aqua			12:15-13:00 Adult Swimming Lessons			
15:00-17:00 Childrens Swimming Lessons	15:00-17:00 Childrens Swimming Lessons	15:00-17:00 Childrens Swimming Lessons	15:00-17:00 Childrens Swimming Lessons	15:00-17:00 Childrens Swimming Lessons		
19:00-19:45 Spin & Trim	19:00-19:45 Traditional Tone	19:00-19:45 Fight Fit	19:00-19:45 Spin & Trim	19:00-19:45 Flexibility		
		19:45-20:45 Pilates**	20:00-20:30 20:30-21:00 Adult Swimming Lessons			

# Class Descriptions

<b>Mobility</b>	High intensity interval training based on the cardiovascular system. Class works off a 2:1 work to rest ratio, meaning that you work for twice the amount of time as you rest
<b>Spin &amp; Trim</b>	A mixture of high intensity cycling and exercises to trim and slim the body .
<b>Fight Fit</b>	Choreographed class, involving a moderate intensity to improve aerobic capacity.
<b>BBB's</b>	Bars, Balls and Bikes – Full body workout using different equipment
<b>Flexibility</b>	A nice gentle and relaxing stretching class aiming to improve muscle flexibility.
<b>Jump Fit</b>	A moderate intensity cardio class, based on improving aerobic capacity.
<b>Traditional Tone</b>	Tone the major muscle groups of the body, using your own bodyweight and dumbbells.
<b>Fight Fit</b>	A high intensity class using pad work and explosive anaerobic exercises.
<b>Pilates***</b>	Targets the deep postural muscles. Price: €80 for Members, €100 for Non-Members, €15 drop in price.(7 week course)
<b>Arena learn 2 swim programme(children)</b>	The Arena Learn to Swim Programme, each day has three classes on. Our levels are Alligator, Dolphin, Seahorse, Turtle and Shark.
<b>Arena learn to swim programme(adults)</b>	<p><b>Beginners</b> - This class is for beginner level of swimmer, if you cannot swim for any further than 15 metres at a time, this is the class for you.</p> <p><b>Improvers</b> - This class is for the intermediate level, if you need work on technique or breathing and can swim a full length of our pool easily enough, this is the level for you.</p>