

# 1st May - 3rd Sept 2017

# Fitness Classes








Portlaoise  
Leisure Centre

Call Us on: 057 8681200

Find Us on



portlaoiseleisurecentre.ie

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-6:45am	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYPUMP</b>		
10-10:45am	Indoor Cycle		Indoor Cycle	STEP	<b>LES MILLS BODYPUMP</b>	Indoor Cycle	<b>10-11.30am</b>  <b>Cardio, Core Resistance</b>  <b>30/30/30</b>
11-11:45am	Circuits	<b>LES MILLS BODYPUMP</b>	Beat the Clock	Bootcamp: Rip & Grip Style!	SPIN + ABS	<b>LES MILLS BODYPUMP</b>	
12-12:45pm		Aqua 12-12:45pm		Aqua 12-12:45pm	Aqua 12-12:45pm		
3.30-5.30 SEE TIMES						<b>Gym Opening Hours</b> <b>Mon - Fri 6am-10pm</b> <b>Sat &amp; Sun 8am-6pm</b> <b>Bank Holidays 9:30-5pm</b>	
6-6:45pm		Indoor Cycle	<b>LES MILLS BODYPUMP</b>	Circuits	Indoor Cycle		
7-7:45pm	<b>LES MILLS BODYPUMP</b>	Beat the clock	Indoor Cycle	Indoor Cycle	<b>LES MILLS BODYPUMP</b>		
8-8:45pm	Indoor Cycle	<b>LES MILLS BODYPUMP</b>	Bootcamp: Rip & Grip Style!	Aqua <b>LES MILLS BODYPUMP</b>		<b>Born to Move Times:</b> Tuesday's (4-5's) 3:30-4:15pm Fridays (6-7's) 3:30-4:15pm Tuesday's (8-12's) 4:45-5:30pm Fridays (8-12's) 4:45-5:30pm    €5 per class per child. <b>Advance Booking Only</b>	
9-9:45pm	Aqua						

For Terms and Conditions go to [www.portlaoisleisurecentre.ie](http://www.portlaoisleisurecentre.ie)

