



## Druids Glen Health Club Class Schedule

MONDAY		
Time	Class	Venue
7.00am-7.45am	Bootcamp	Studio
9.15am-10.00am	CycleFit	Studio
11.00am-11.45am	Aqua	Pool
7.00pm-7.45pm	CycleFit	Studio

TUESDAY		
Time	Class	Venue
9.15am-10.00am	CycleFit	Studio
7.00pm -8.00pm	CycleFit and Abs	Studio

WEDNESDAY		
Time	Class	Venue
7.00am-7.45am	Bootcamp	Studio
9.15am-10.00am	CycleFit	Studio
11.00am-11.45am	Aqua	Pool
7.00pm -7.45pm	CycleFit	Studio

THURSDAY		
Time	Class	Venue
9.15am-10.00am	Begin to CycleFit and Abs	Studio
7.00pm-7.45pm	Bootcamp	Studio

FRIDAY		
Time	Class	Venue
7.00am-7.45am	Bootcamp	Studio
9.15am-10.00am	CycleFit	Studio
11.00am-11.45am	Aqua	Pool

Saturday		
Time	Class	Venue
11.15am-12.00pm	CycleFit	Studio

Booking is essential for all classes

### Class Descriptions

**CycleFit:** Indoor cycling for all levels. Excellent cardio workout

**Aqua Aerobics:** Low impact resistance and strengthening class, aimed at improving strength, mobility and toning the body