

# CLASS TIMETABLE



THE WEXFORD CLUB

HEALTH | LEISURE | FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SPIN EXPRESS 7 AM	SPIN EXPRESS 7 AM		SPIN EXPRESS 7 AM			
Circuits 9.30am-10.15am	HIIT 9.30am-10.15am	Circuits 9.30am-10.15am	HIIT 9.30am-10.15am		WATER BABIES 9am-10.30	WATER BABIES 9am-1:30 am
AQUA AEROBICS 11-11:45 AM	AQUA AEROBICS 11-11:45 AM		AQUA AEROBICS 11-11:45 AM	AQUA AEROBICS 11-11:45 AM	CIARA O'CONNOR CLASS 9:30 AM	
			Spinning 5.45pm-6.30pm	SWIM LESSONS 3:30 PM - 7PM		
SPINNING 6-6.45 PM	CIARA O'CONNOR CLASS 7pm	SPINNING 6-6.45 PM	CIARA O'CONNOR CLASS 7pm			