

CAVAN LEISURE COMPLEX, DRUMALEE, CAVAN

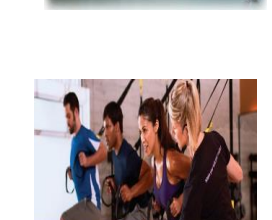
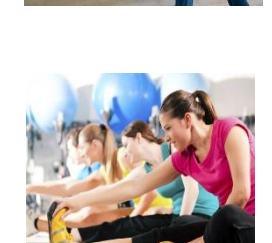
2017 - FITNESS CLASSES

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 cavanleisure.ie

 *Cavan Swimming Pool & Leisure Complex*

MONDAY	CLASS	INSTRUCTOR
10.00 – 11.00AM	GOOD MORNING! KEEP FIT	YVONNE/ANN
6.00 – 7.00PM	PHIL S MONDAY MADNESS STRENGTH & CONDITIONING	PHILIP/FINTAN
8.30 – 10.00PM	ALAN'S FITNESS CHALLENGE MMA (MIXED MARTIAL ARTS)	ALAN
8.00 – 9.00PM	AQUA AEROBICS	-
TUESDAY	CLASS	INSTRUCTOR
6.45 – 7.30PM	ALAN'S FITNESS CHALLENGE TRX SUSPENSION TRAINING	ALAN
8.00 – 9.00PM	BOXERCISE	ALAN
WEDNESDAY	CLASS	INSTRUCTOR
7.00 – 8.00AM	PHILS CRAZY WAKE UP CALL	PHILIP/FINTAN
7.00 – 8.00PM	RIONA S REVIVAL LADIES FITNESS CLASS (BACK ON IN SEPT)	RIONA
7.00 – 8.30PM	BRAZILIAN JUJITSU	CLINT
8.15PM – 10.15PM	SHINKENDO	MARK
THURSDAY	CLASS	INSTRUCTOR
6.00 – 7.00PM	F. C. FITNESS STRENGTH & CONDITIONING	FINTAN
7.15 – 8.00PM	F.C.FITNESS TRX SUSPENSION TRAINING	FINTAN
8.30 – 9.30PM	KRAV MAGA	
FRIDAY	CLASS	INSTRUCTOR
9.00 – 10.00PM	ALAN'S FITNESS CHALLENGE MMA (MIXED MARTIAL ARTS)	ALAN
SATURDAY	CLASS	INSTRUCTOR
11.30 – 12.30AM	ALAN'S FITNESS CHALLENGE TRX SUSPENSION TRAINING	ALAN
1.30 – 3.00PM	BRAZILIAN JUJITSU	CLINT
SUNDAY	CLASS	INSTRUCTOR
10.30 – 11.15PM	ALAN'S FITNESS CHALLENGE TRX SUSPENSION TRAINING	ALAN



PLEASE NOTE: BOOKING IS ESSENTIAL FOR TRX AS PLACES ARE LIMITED