

# CAVAN LEISURE COMPLEX, DRUMALEE, CAVAN

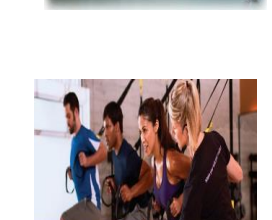
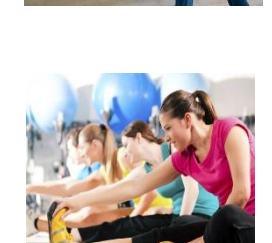
## 2017 - FITNESS CLASSES

049 4362888

 [cavanleisure.ie](http://cavanleisure.ie)

 *Cavan Swimming Pool & Leisure Complex*

<b>MONDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>
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	-
<b>TUESDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>
6.45 – 7.30PM	ALAN'S FITNESS CHALLENGE TRX SUSPENSION TRAINING	ALAN
8.00 – 9.00PM	BOXERCISE	ALAN
<b>WEDNESDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>
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
<b>THURSDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>
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	
<b>FRIDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>
9.00 – 10.00PM	ALAN'S FITNESS CHALLENGE MMA (MIXED MARTIAL ARTS)	ALAN
<b>SATURDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>
11.30 – 12.30AM	ALAN'S FITNESS CHALLENGE TRX SUSPENSION TRAINING	ALAN
1.30 – 3.00PM	BRAZILIAN JUJITSU	CLINT
<b>SUNDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>
10.30 – 11.15PM	ALAN'S FITNESS CHALLENGE TRX SUSPENSION TRAINING	ALAN



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