

CAVAN LEISURE COMPLEX, DRUMALEE, CAVAN FITNESS CLASSES

049 4362888

 cavanleisure.ie



Cavan Swimming Pool & Leisure Complex

MONDAY	CLASS	INSTRUCTOR	
10.00 – 11.00AM	GOOD MORNING! KEEP FIT	ANN	
6.00 – 7.00PM	F C FITNESS STRENGTH & CONDITIONING	FINTAN	
7.30 – 10.00PM	ALAN'S FITNESS CHALLENGE MMA (MIXED MARTIAL ARTS)	ALAN	
7.30 - 9.00PM	BRAZILIAN JUJITSU	CLINT	
8.00 – 9.00PM	AQUA AEROBICS	VILMA	
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	F C FITNESS THE WAKE UP CALL	FINTAN	
8.15PM – 9.15PM	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		
8.30 – 10.00AM	JIU JITSU		
FRIDAY	CLASS	INSTRUCTOR	
6.45 - 7.30AM	F C FITNESS THE WAKE UP CALL	FINTAN	
9.00 – 10.00PM	ALAN'S FITNESS CHALLENGE MMA (MIXED MARTIAL ARTS)	ALAN	
SATURDAY	CLASS	INSTRUCTOR	
11.30 – 12.30AM	ALAN'S FITNESS CHALLENGE MMA (MIXED MARTIAL ARTS)	ALAN	
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