



The Club Class Timetable Autumn/Winter 2020. Effective from August 31st 2020. *(All Classes Must Be Booked In Advance)*

Tel: 057 86 95050 Email: theclub@theheritage.com www.theheritage.com

MON	TUES	WED	THURS	FRI
9-9.30am Body Conditioning		9-9.30am Body Conditioning	9-9.30am Pilates (All Levels)	9-9.30am Body Conditioning
9.45-10.15am Body Conditioning		9.45-10.15am Body Conditioning	9.45-10.15am Pilates (All Levels)	9.45-10.15am Body Conditioning
10.30am-11am Aqua Splash	10.30am-11am Aqua Splash	10.30am-11am Aqua Splash	10.30-11am Pilates (All Levels)	10.30am-11am Aqua Splash
	1.30-2pm Body Conditioning		1.30-2pm Body Conditioning	
	7.15-7.45pm Pilates (All Levels)		7.15-7.45 Body Conditioning	
8-8.30pm Spinning	8-8.30pm Pilates (All Levels)	8-8.30pm Spinning	8-8.30pm Yoga	
	8.45-9.15pm Pilates (All Levels)			

Please Note:

- All new class participants must complete a health history questionnaire prior to first class. Please notify your instructor of any injuries or illnesses you may have at the start of each class. Please **DO NOT ATTEND** if you have any symptoms of Covid 19 or feel unwell. Please advise with as much notice as possible if you wish to cancel so your space can be re-allocated.
- All classes must be pre-booked in advance.