



POOL & GYM CLASSES

POOL

ACADEMY 3-6
SWIM CLUB 5-7
ADULT BEGINNER 8-9

ACADEMY 3-6
SWIM CLUB 5-6
AQUAFIT 6.15-7

ACADEMY 3-6
SWIM CLUB 5-7
ADULT INTERMEDIATE 8-9

AQUAFIT 11.30-12.15
ACADEMY 3-6
SWIM CLUB 5-7

ACADEMY 9-1.30

ACADEMY 11-1

GYM

MONDAY

CIRCUITS 2-2.45

TUESDAY

STEP 11.30-12.15

WEDNESDAY

QUICK FIT 6.30-7.15

THURSDAY

STEP 9.30-10.15

SATURDAY

POWER LIFT 6.30-7.30

SUNDAY

NO CLASSES



KENMARE BAY HOTEL & RESORT

Bay Health Club Manager: Tom Meagher
Email: tom@kenmarebayhotel.com • Tel: 064 6679399