

SCHEDULE | GROUP EXERCISE CLASSES

THE FITNESS CLUB

RADISSON BLU HOTEL & SPA, SLIGO

	MON	TUE	WED	THU	FRI	SAT	SUN
10AM	SPIN	BUMS & TUMS	NIFTY 50	HIIT	BUMS & TUMS	AQUA	
7PM	CIRCUIT TRAINING	AQUA	SPIN	AQUA	FIRST STEPS TO FITNESS	NIFTY 50	

Limited spaces so booking is required
Contact the front desk for more info