

# EXERCISE CLASS TIMETABLE

## JANUARY 2020

MON

TUES

WED

THURS

GREATEST  
HIITS 7AM

AQUA FIT  
10.30AM

ZUMBA  
6.45PM

MINUTES OF  
MADNESS  
(MOM)  
7.45PM

NEW  
HIIT, BUMS  
& TUMS  
6.30 PM



Commences Monday 6th January 2020.  
FOR MORE INFORMATION, CONTACT US AT  
[leisure@annerhotel.ie](mailto:leisure@annerhotel.ie)