



Fitness class schedule 2010

Classes take place in Leisureland, **Salthill**
and in **Moycullen** Dance Studio

	Monday	Tuesday	Wednesday	Thursday	Friday
9:30am					Fitcamp (Moycullen)
10am	CardioTone (Leisureland)	CardioTone (Leisureland)		CardioTone (Leisureland)	
11am					
6pm					
7pm	Fitcamp (Leisureland)		Aerobics (Leisureland)	Boxercise (Leisureland)	
8pm	Fitcamp (Moycullen)				
8:30pm				Fitcamp (Moycullen)	

€9 pay-as-you-go

All ages and fitness levels welcome!

www.jessicacooke.ie for more information