



Fitness class schedule 2010

Venue for all classes is Leisureland, Salthill

	Monday	Tuesday	Wednesday	Thursday	Friday
10am	CardioTone	CardioTone		CardioTone	Boxercise
11am					
12pm					
5pm					
6pm					
7pm	Fitcamp		Aerobics	Boxercise	

€9 pay-as-you-go

(€5 for leisureland members)

All ages and fitness levels welcome!

www.jessicacooke.ie for more information