



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	Bootcamp (indoor)		Aerobics	Boxercise	
8pm	Boxercise				

€9 pay-as-you-go

(€5 for leisureland members)

All ages and fitness levels welcome!

www.jessicacooke.ie for more information