

Brusna Leisure Falls

CLASS SCHEDULE

Monday

STUDIO/GYM		POOL	
7.00 am 45 mins	CIRCUITS	10.00 am 45 mins	AQUAFIT
9.15 am 30 mins	HIIT		
6.15 pm 30 mins	HIIT	7.15 pm 45 mins	AQUAFIT

Friday

STUDIO/GYM		POOL	
7.00 am 30 mins	HIIT	10.00 am 45 mins	AQUAFIT
9.15 am 30 mins	LOW IMPACT AEROBICS	7.15 pm 45 mins	AQUAFIT

Tuesday

STUDIO/GYM		POOL	
10.00 am 30 mins	STRETCH & FLEXIBILITY	10am - 12pm	LITTLE SWIMMERZ
7.00 pm 30 mins	HIIT		
7.45 pm 15 mins	CORE BLAST	3.30pm - 5pm	CHILDREN'S LESSONS

Saturday

POOL	
10am - 1pm	CHILDREN LESSONS

Sunday

POOL	
9am - 11am	LITTLE SWIMMERZ

Yoga with Karen Ann

Every Tuesday at 9.30am and 6.30pm, suitable for all levels.
Saturdays at 10am for a challenging session.
To book call 087 467 5377. Classes are subject to a fee.

Wednesday

STUDIO/GYM		POOL	
7.00 am 30 mins	HIIT	10.00 am 45 mins	AQUAFIT
9.00 am 45 mins	STEP AEROBICS		
6.15 pm 45 mins	CIRCUITS	7.15 pm 45 mins	AQUAFIT

Information

- Children's swimming lessons & Little Swimmerz run during school term time only.
- Classes can be booked up to 2 weeks in advance.
- Non-attendance at a booked class is taken from the weekly allocation.
- Class bookings can be made via the Brusna Falls Leisure App, except for swimming lessons.

Thursday

STUDIO/GYM		POOL	
10.00 am 30 mins	STRETCH & FLEXIBILITY		
7.00 pm 45 mins	HIIT / CORE	3.30pm - 5pm	CHILDREN'S LESSONS

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