

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30-10.15am	Circuit training	Aqua Fit	Kettlebells	Pilates			
10.30-11.15am	Aqua Aerobics	Baby Swim	Aqua Aerobics	Active Aerobics	Aqua Aerobics	Baby Swim	Cuidiu
11.30-12.15pm						Arm Band lessons	
12.30-1.15pm						Swim Lessons & Junior Gym	
1.30-2.15pm		Our Lady Of Fatima Gym					
4.00-4.45pm	Swim Lessons & Junior Gym	Swim Lessons & Junior Gym	Swim Lessons & Junior Gym	Swim Lessons & Junior Gym	Junior Gym	Junior Gym	
5.00-5.45pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons			
6.00-6.45pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Teen Gym	Teen Gym	
7.00-7.45pm		Circuit Training	Kettlebells	Aqua Fit	Adult Swim Lessons		Carmel Creane Swim Lessons

Class Costs: Members €5 pay as you go
Members €50 Unlimited Classes

Public €10 pay as you go
Public €80 Unlimited Classes

To Book Contact:
Club Vitae, Maldron Hotel, Wexford
Tel - 0539172088
Email - jstledger@maldronhotels.com

Swim Lesson Costs: Members €35

Public €55

All our Swim Lessons are Certified by Irish Water Safety and Instructed & Tested by Qualified Instructors

At the end of each term each child will be tested and will receive a certificate if they have completed the next level

Prices include cost of test and certificate