



Adult Activities - 1st - 30th September 2019

<u>Monday</u>	<u>Start Date</u>	<u>Time</u>	<u>Cost</u>
Bridge Club	02/09/2019	2.00-4.00pm	Payment to BC
Bowls - Monday Club	09/09/2019	2.00-3.30pm	£2.60
Indoor Cycling Class ~	02/09/2019	6.30-7.15pm	£3.65
HIIT Class ~	02/09/2019	7.30-8.30pm	£4.65
Lisnaskea Historical Society (3rd Monday of each month)	16/09/2019	8.00-9.30pm	Payment to LHS
Ju-Jitsu	02/09/2019	8.30-10.00pm	Payment to Lyle

Squash / Handball / Badminton / Table tennis / Steam room Facilities available - Contact Reception for details

Tuesday

Slimming World	03/09/2019	9.30am-9.00pm	Payment to SW
Inclusive Activities -	10/09/2019	10.30-11.30	Enrolment with Chris Elliot Townhallt
Cardio/Core ~	03/09/2019	7.00-7.45pm	£3.65
Yoga with Christiane	10/09/2019	7.00-8.15pm	Payment to Chrissie £35 for 6wks or £7 drop in.
Body Pump ~	03/09/2019	8.00-9.00pm	£4.65

Squash / Handball / Badminton / Table tennis / Steam room Facilities available - Contact Reception for details

Wednesday

Indoor Cycling - Circuits ~	04/09/2019	7.00-7.45pm	£3.65
Power Hour ~	04/09/2019	8.00-9.00pm	£4.65
Ju-Jitsu	04/09/2019	8.30-10.00pm	Payment to Lyle

Squash / Handball / Badminton / Table tennis / Steam room Facilities available - Contact Reception for details

Thursday

Art Class with Eddie McNulty	19/09/2019	2.00-5.00pm	12weeks @ £40
Boxfit ~	05/09/2019	6.30-7.30pm	£4.65
Pilates with Shane Toal	19/09/2019	7.30-8.30pm	Payment to Shane
Lisnaskea Ju-Jitsu (Begins 22/8/19) 4 week Beginners Course Men & Women	05/09/2019	8.00-9.00pm	£15 for 4weeks
Lisnaskea Ju-Jitsu (Begins 19/9/19) 6 week Beginners Self Defence for Women	19/09/2019	8.00-9.00pm	£35 for 6weeks

Squash / Handball / Badminton / Table tennis / Steam room Facilities available - Contact Reception for details

Friday

Bridge Club	06/09/2019	2.00-4.00pm	Payment to BC
-------------	------------	-------------	---------------

Squash / Handball / Badminton / Table tennis / Steam room Facilities available - Contact Reception for details

Saturday

Cardio Mix ~	07/09/2019	10.30-11.15am	£3.65
--------------	------------	---------------	-------

Squash / Handball / Badminton / Table tennis / Steam room Facilities available - Contact Reception for details