



## Audley Club at St Elphin's Park Fitness Class Times

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15am		Core Tennis Courts Angela	Stretch Tennis Courts Angela	Fitter for Longer Tennis Courts Angela	9:30-10:15 Pilates (Owners) Studio Wendy		
10:00am	Zumba Gold Tennis Courts Jen				10:30 -11:15 Pilates Studio Wendy		
11:00pm	Combat Cardio Virtual  Seated Falls Prevention Courtyard behind pool area Jen	Stretch Virtual	Dance Virtual	Zumba Virtual	Circuits Virtual		
12:00pm					Chair Aerobics Courtyard behind pool area Angela		
3:00pm	Seated Exercise Virtual	Pilates Virtual	Core Virtual	Dance Virtual	Stretch Virtual		



## Audley Club at St Elphin's Park Pool Times

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6am</b>	Swim slots available	Swim slots available	Swim slots available	Swim slots available	Swim slots available	Swim slots available	Swim slots available
<b>7am-10am</b>	Owners only swim	Swim slots available	Owners only swim	Owners only swim	Swim slots available	Owners only swim	Swim slots available
<b>11am-3pm</b>	Swim slots available	Swim slots available	Swim slots available	Swim slots available	Swim slots available	Swim slots available	Swim slots available
<b>4pm-5pm</b>	Swim slots available	Owners only swim	Swim slots available	Swim slots available	Owners only swim	Swim slots available	Owners only swim
<b>6pm-8pm</b>	Swim slots available	Swim slots available	Swim slots available	Swim slots available	Swim slots available	Swim slots available	Swim slots available

Pool slots are strictly 40 minutes and must be booked in advance.

Please reserve 1 slot per person wishing to swim. Changing rooms are available for swimmers only.

Towels are provided.