



Great National
Hotel Ballina

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LEISURE & SPA

CLASSES & TIMETABLE

July & August 2024



CLASS TIME TABLE

	Mon	Tues	Wed	Thurs	Fri	Sat
7.30am				Flash Spin ^f (30 minutes)		
10.00am	Aqua ^f				Aqua ^f	HITT ^f
5.30pm					Box Fit Mix ^f	
6.00pm	HITT ^f	Strength & ^f Conditioning	Spin ^f	Circuits ^f		
7.00pm	Spin ^f	Adult Swim [*]	Aqua ^f	Spin ^f		

Classes marked with an ^{*} are part of a 6 week block of classes

Classes marked ^f are free to full members (gym & pool)

MEMBERSHIP RATES

	Annual	Monthly Direct Debit	6 Months
Individual	550	55	290
Couple	860	85	470
Family	980	100	520
Student	450	45	250
Over 65	450	45	250
Over 65 x 2	700	70	400

Member Benefits

- Individual fitness programme
- FREE classes
- 10% discount in McShanes
- 10% Discount Eidin Spa



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