Brusna Falls
Hotel & Leisure

CLASS SCHEDULE

Monday

STUDIO/GYM	POOL
9:15am - HIIT 30 mins	10:15am - AQUAFIT 45 mins
6:15pm - CIRCUITS 45 mins	7:15pm - AQUAFIT 45 mins

Tuesday

STUDIO/GYM	POOL
9:15am - STECH & FLEX 30 mins	10am - 12pm - LITTLE SWIMMERZ
11am - Cardio flow 45 mins	
7:15pm - HIIT/CORE 45 mins	3:30-5:00pm - CHILDRENS LESSONS

Wednesday

STUDIO/GYM	POOL
9:15am - STEP AEROBICS 45 mins	10:15am - AQUAFIT 45 mins
6:00pm - CIRCUITS 45 mins	7:15pm - AQUAFIT 45 mins

Thursday

STUDIO/GYM	POOL
9:30am - STRETCH & FLEX 30 mins	
6:45pm - BOXFIT 45 mins	3:30-5:00pm - CHILDRENS LESSONS

Friday

STUDIO/GYM	POOL
9:15am - LOW IMPACT AEROBICS 30 mins	10:15am -AQUAFIT 45 mins
	7:15pm - AQUAFIT 45 mins

Saturday

STUDIO/GYM	POOL
9:30am - STRENGTH & ELEVATE 45 mins - paid	10:00am - 12:30pm - CHILDRENS LESSONS
1:30pm - CIRCUITS 45 mins	

Sunday

POOL
9:00am - 11:30am - 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.

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.

Brusna Falls Leisure App Download

Google Play Store

Apple App Store