

Falls Hotel & Spa Leisure Club - Fitness Classes Timetable 2023!

	M	T	W	Th	F
10:00 10:45		AQUA AEROBICS		AQUA AEROBICS	BODY BALANCE
18:15 19:00		CIRCUITS	BODY BALANCE	SPINNING	
19:15 20:00	AQUA AEROBICS	SPINNING	AQUA AEROBICS SPINNING	BODY COMBAT	

■ Cardio-Toning ■ Cardio
■ Body-mind ■ Toning

*Pay as you go classes 5€ for members / 8€ for non members
 Spinning classes 10€ for non members
 Booking is required except for Aqua Aerobics