



## Current Club Training Sessions (Starting 26-09-2011)

Monday						
Class Type	Time	Location	Cost	Duration	Coach	Point of Contact
Turbo/Foam Roller*	7.30pm – 9.00pm	Gael Scoil, Naas	€40**	10 Weeks	Danny	Emmet O'Brien
Notes	*Bike must be set up and ready to start by 7.30pm sharp			**Those doing both Mondays Turbo and Core will be charged €70		

Tuesday:						
Class Type	Time	Location	Cost	Duration	Coach	Point of Contact
Swimming	9pm – 10pm	K Leisure, Naas	€50***	10 Weeks	K Leisure	Ger Randles
Running	7pm – 8pm	Celbridge	Free	Continuous	Derek McConnon	Darren McCarthy
Notes	***Those doing both Tuesday and Friday Swim sessions will be charged €80					

Wednesday:						
Class Type	Time	Location	Cost	Duration	Coach	Point of Contact
Core	8pm – 9pm	Gael Scoil, Naas	€40**	10 Weeks	Danny	Darren McCarthy
Running	7pm – 8pm	Naas	****	Continuous	Brian Dowling	
Notes	**** Members must join Naas AC – Current Cost €40 per year			**Those doing both Mondays Turbo and Core will be charged €70		

Thursday:						
Class Type	Time	Location	Cost	Duration	Coach	Point of Contact
Turbo*	7.30pm – 9.00pm	Gael Scoil, Naas	€10**	10 Weeks	Club Member	TBC
Running	7pm – 8pm	Celbridge	Free	Continuous	Derek McConnon	Darren McCarthy
Notes	*Bike must be set up and ready to start by 7.30pm sharp			**Free to members taking Turbo Class on Monday or Core on Wednesday		



## Current Club Training Sessions (Starting 26-09-2011)

Friday:						
Class Type	Time	Location	Cost	Duration	Coach	Point of Contact
Swimming	7pm – 8am	K Leisure, Naas	€50***	10 Weeks	K Leisure	Ger Randles
Notes	***Those doing both Tuesday and Friday Swim sessions will be charged €80					

Saturday:						
Class Type	Time	Location	Cost	Duration	Coach	Point of Contact
Masters Swimming	7am – 8am	Killashee Hotel Naas	€2 per class	1 <sup>st</sup> Oct – April '12	*Programme – No coach present	Darren McCarthy
Notes	*Programme provided for all levels – No coach present					

Sunday:						
Class Type	Time	Location	Cost	Duration	Coach	Point of Contact
Cycle	8/9am	Naas	Free	Oct – April '12	Lead by Club Member	TBC
Notes	(Time Table to be circulated)					