

2020

WINTER | FITNESS CLASSES

Gym and Pool Now open from 7am Mon – Fri
 Enjoy unlimited fitness classes for €15 per week
 *Pilates not included

Times Gym Opening	Monday 7am - 10pm	Tuesday 7am - 10pm	Wednesday 7am - 10pm	Thursday 7am - 10pm	Friday 7am - 10pm	Times Gym Opening	Saturday 9am - 6pm	Sunday 9am - 6pm
07:00						09:00		
09:30	Spin	Yoga	Spin & Bells	Yoga 9.15am	Spin Hard	09:30		
10:00			Pilates* 10:20am		Zumba Gold (Hall) 9:30am	10:30	Spin & Bells	HIIT Circuits
10:15	Zumba		Aqua Aerobics	Yoga		11:30	Teen Fit	
10:30		Pump & Tone		Zumba Aqua	Aqua Aerobics	15:00		
11:15	Aqua Aerobics		Pilates* 11:20am			18:00	Closed	Closed
17:00			Teen Fit					
18:30	BLT	Power Bars	RIG/FT	Spin				
19:00	Spin & Bells	Spin	Zumba	ABS Blast 19.15pm				
20:00	Yoga	RIG/FT	PILATES 7pm/8pm*	Aqua Aerobics 20.15pm				
22:00	Closed	Closed	Closed	Closed	Closed			