## **Sportslink Studio Class Timestable from Monday 22nd January 2024**

All Classes are 45 minutes long (unless stated otherwise)

All Classes €5.50 with option or €17.50 per week unlimited.

<u>Pilates is pay per term. Available for members & non members</u>



Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gym Opening	0700-2145	0700-2145	0700-2145	0700-2145	0700-2145	0900-1745
9:30	HITT (30mins)	Spin (30 mins)	Circuit Training (45 mins)	Spin (30 mins)	Spin (30 mins)	
10:00	Core (15mins)	Core (15mins)		Core & Stretch (30mins)	HITT (30mins)	Spin Combo (60 mins)
10:15			Pilates*			
10:30	Aqua Aerobics (45mins)		Aqua Aerobics (45mins)			
11:00					Aqua Aerobics (45mins)	Teen Gym (45 mins)
11:20			Pilates*			
19:00	Circuit Training (45 mins)	Spin Combo (60 mins)	Pilates*	Spin (30 mins)		
20:00			Pilates*			
20:15				Aqua Aerobics - 25m Pool (45mins)		
22:00	Closed	Closed	Closed	Closed	Closed	Closed