

2019 Class Timetable / Clár ama Ranga

SEPTMEBER 1ST - OCTOBER 27TH

MONDAY | DÉ LUAIN

Spin	7:00am - 7:45am Ross
Pilates	9.45am - 10:30am Shelly
Kettlebells	5:30pm - 6:15 pm Jason
Spin	6:30pm - 7:15pm Jonathon
Heated Yoga ■	7:15pm - 8:30pm
Activate	7:30pm - 8:15pm Vivian

THURSDAY | DÉARDAOIN

Functional Mobility	10:00am - 10:45am Ross
Lift & Tone	5:30pm - 6:15pm Tanya
Heated Yoga ■	5:45pm - 7:00pm
CSP	6:30pm - 7:15pm Jonathon
Corrib Karate ■	7:30pm - 9:00pm
Aquafit	7:30pm - 8:15pm Tanya

TUESDAY | DÉ MÁIRT

HIRT	10:00am - 10:45am Tanya
Suspension Training	5:30pm - 6:15pm Vivian
Heated Yoga ■	5:45pm - 7:00pm
Boxercise	6:30pm - 7:15pm Ross
Corrib Karate ■	7:30pm - 9:00pm
Aqua Fit	7:30pm - 8:15pm Jason

FRIDAY | DÉ hAOINE

W.O.D	7:00am - 7:45am Tanya
Spin	10:00am - 10:45am Jonathon
Aqua Fit	11:00am - 11:45am Tanya
Spin	5:30pm - 6:15pm Ross
Bootcamp	6:30pm - 7:15pm Vivian
West Karate ■	6:30pm - 9:30pm

WEDNESDAY | DÉ CÉADAOIN

Spin	7:00am - 7:45am Jason
GymFit	10:00am - 10:45am Vivian
Aqua Fit	11:00am - 11:45am Vivian
HIIT	5:30pm - 6:00pm Jonathon
Spin	6:15pm - 7:00pm Tanya
Heated Yoga ■	7:15pm - 8:30pm
Death Row	7:30pm - 8:30pm Ross

SATURDAY | DÉ SATHAIRN

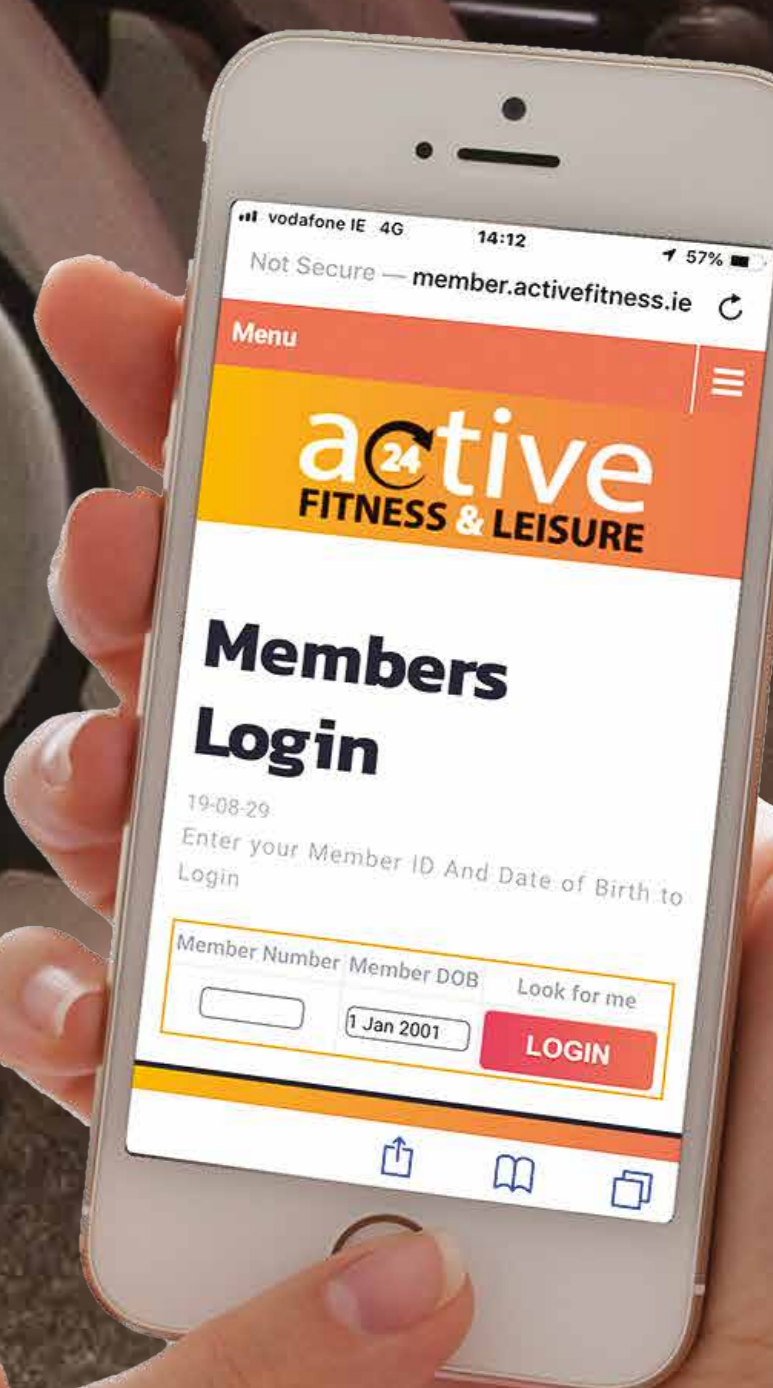
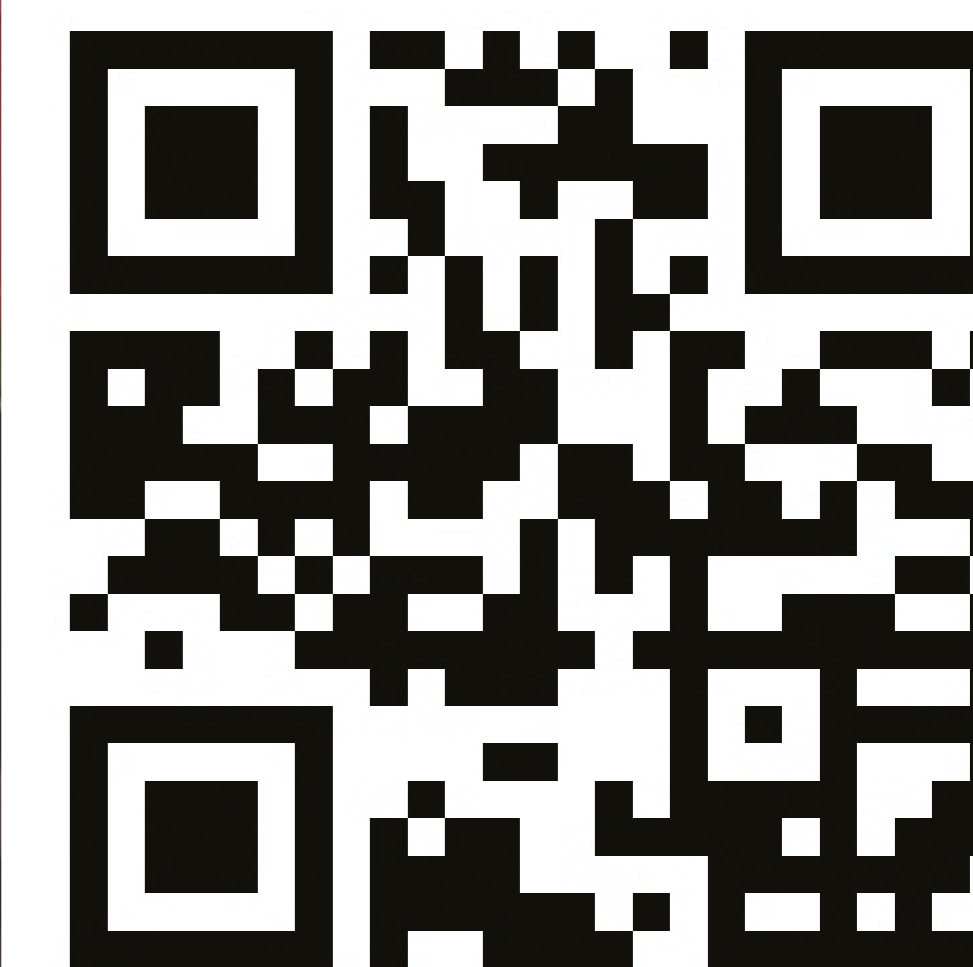
O'Raw Fitness	9:30am - 10:15am Stephen
Spin	10:30am - 11:15am Stephen
West Karate ■	11:00am - 3:00pm

SUNDAY | DÉ DOMHNAIGH

Heated Yoga ■	10:30am - 11:45am
Heated Yoga ■	12:00pm - 1:15pm

BOOK
YOUR CLASS
ON OUR APP

SCAN TO LOG IN



Classes in green ■ denote paid classes. Please contact reception to enroll in any of the above classes. Minimum of 3 participants for a class to go ahead. Minimum of 5 for Aquafit to go ahead Every effort has been made to provide our members with a varied and challenging class timetable for the coming months. Please be advised that classes and times are subject to change, at which time we will endeavour to provide you with as much notice as possible. SWIM CLASSES ALSO AVAILABLE - Please enquire at reception for full details

