

# FITNESS & WELLNESS CLASSES TIMETABLE

From Monday 3rd Jun until Sunday 1st Sep 2024

## MONDAY

				Member/Non-Member
08:10 - 08:40	HIIT Cycle	Spin Studio	Martin	€3/€4.5
12:15 - 13:00	Yogalates	Wellness Studio	Belinda	€4.5/€8
13:05 - 13:50	Transform	Fitness Studio	Ryan	€4.5/€8
13:05 - 13:50	Studio Cycling	Spin Studio	Emmet	€4.5/€8
16:15 - 17:00	Yogalates	Wellness Studio	Catriona	€4.5/€8
17:05 - 17:50	Pump N Burn	Fitness Studio	Catriona	€4.5/€8
17:30 - 18:15	Studio Cycling	Spin Studio	Fionn	€4.5/€8
18:15 - 19:00	Kettlebells & Core	Fitness Studio	Mark	€4.5/€5.5

## TUESDAY

08:10 - 08:40	Kettlebells & Core	Fitness Studio	Emmet	€3/€4.5
13:05 - 13:50	Studio Cycling	Spin Studio	Fionn	€4.5/€8
13:05 - 13:50	Yogalates	Wellness Studio	Catriona	€4.5/€8
16:15 - 17:00	Yogalates	Wellness Studio	Catriona	€4.5/€8
17:30 - 18:00	Rip60/Kettlebells	Fitness Studio	Martin	€3/€4.5
18:05 - 18:50	Boxfit	Fitness Studio	Ryan	€4.5/€8
18:15 - 18:45	HIIT Cycle	Spin Studio	Belinda	€3/€4.5

## WEDNESDAY

08:10 - 08:40	HIIT Cycle	Spin Studio	Fionn	€3/€4.5
12:15 - 13:00	Yogalates	Wellness Studio	Catriona	€4.5/€8
13:05 - 13:50	Studio Cycling	Spin Studio	Ryan	€4.5/€8
13:05 - 13:50	Stretch & Core	Wellness Studio	Martin	€4.5/€8
17:05 - 17:50	Pump N Burn	Fitness Studio	Belinda	€4.5/€8
18:00 - 18:30	HIIT Cycle	Spin Studio	Emmet	€3/€4.5
18:15 - 19:00	Kettlebells & Core	Fitness Studio	Mark	€4.5/€5.5

## THURSDAY

08:10 - 08:40	Strength & Core	Fitness Studio	Instructor	€3/€4.5
13:05 - 13:50	Kettlebells & Core	Fitness Studio	Instructor	€4.5/€8
13:15 - 13:45	HIIT Cycle	Spin Studio	Instructor	€3/€4.5
17:15 - 17:45	HIIT Cycle	Spin Studio	Instructor	€3/€4.5

## FRIDAY

08:10 - 08:40	HIIT Cycle	Spin Studio	Instructor	€3/€4.5
13:05 - 13:55	Pilates*	Wellness Studio	Lena	€5.5/€10
13:15 - 13:45	HIIT Cycle	Spin Studio	Instructor	€3/€4.5
17:15 - 17:45	HIIT Cycle	Spin Studio	Instructor	€3/€4.5

## SATURDAY

10:30 - 11:00	HIIT Cycle	Spin Studio	Instructor	€3/€4.5
11:05 - 12:05	Yoga*	Wellness Studio	Clara	€5.5/€10
11:15 - 12:00	Strength & Core	Fitness Studio	Instructor	€4.5/€5.5

## SUNDAY

10:30 - 11:00	HIIT Cycle	Spin Studio	Instructor	€3/€4.5
11:05 - 12:05	Yoga*	Wellness Studio	Elizabeth	€5.5/€10
11:15 - 12:00	Strength & Core	Fitness Studio	Instructor	€4.5/€5.5

\* NOT INCLUDED IN OUR CLASS PASS