

Fitness Class Timetable

	MON	TUES	WED	THURS	FRI	SAT
6.30am	SPIN 30 MINS	S & C 1 HOUR	SPIN 30 MINS	STRENGTH CIRCUITS 1 HOUR	BURN & BUILD 1 HOUR	8.30AM SPIN 30 MINS
7.00am	INSTRUCTORS CHOICE 30 MINS		HIIT STEP 30 MINS			9.00AM INSTRUCTORS CHOICE 45 MINS
9.30am	SPIN 30 MINS	INSTRUCTORS CHOICE 1 HOUR	SPIN 30 MINS	BOX & TONE 1 HOUR	SPIN 30 MINS	Class Pass €15.00 10 Class Aqua Pass €130.00 10 Class Pass €135.00 Pre-booking required on Legit Fit App Minimum 3 for class to go ahead 4 for Aqua Fit *Classes are subject to change depending on instructor availability* T & C Apply
10.00am	BODY SCULPT 40 MINS		BURN & BUILD 40 MINS		FOREVER FIT 40 MINS	
11.00am	AQUA FIT 45 MINS	FOREVER FIT 40 MINS	AQUA FIT 45 MINS	FOREVER FIT 40 MINS	AQUA FIT 45 MINS	
6.30pm	SPIN 30 MINS	BUM, LEGS & TUMMY 45 MINS	SPIN 30 MINS			
7.00pm	BOX & TONE 45 MINS	7.30PM AQUA FIT 45 MINS	INSTRUCTORS CHOICE 45 MINS			
8.00pm	AQUA FIT 30 MINS		AQUA FIT 30 MINS			