

Gym Timetable

Monday

7.15-8am* with Jimmy
6.15-7.00pm Spinning
7.05-7.50pm The Monday Roasting

Tuesday

7.15-8.00am Spinning
10-10.45am Aqua Aerobics
6-6.30pm Aqua Aerobics
6.30-7.30pm HIIT & Tone* with Ricky
7.45-8.15pm A Sneaky Toning Class

Wednesday

7.15-8am Spinning
6.15-7.00pm Spinning
7.00-7.45pm Ugh! Wednesdays HIIT

Thursday

7.15-8am Spinning
6.15-7pm Spinning
7.00-7.45pm Pick n Mix

Friday

10.00-10.45am Aqua Aerobics
6.15-7.00pm T.G.I.F Spin and Tone

Saturday

9-10am TRX* with Stephen

Booking is essential to guarantee a place. Class participants MUST CANCEL 1 hour before if not attending a class
Classes are free with membership, otherwise they are €6 per class

Spinning

This 45 minute cycling class is suitable for all levels of fitness. Great cardio workout which will tone all the lower body muscles.

TRX

TRX suspension is a revolutionary method of leveraged body weight exercises. Safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries all at the intensity you choose.

Aqua Aerobics

This water based 45 minute class is suitable for all levels of fitness. Using resistance from the water and also from specially designed equipment.

A Sneaky Toning Class

A Sneaky Toning Class: This is a quick blast full body workout that involves cardio to increase the heart rate and resistant training to sculpt the arms, butt and core.

The Monday Roasting

A 45 minute class which aims to tone the bum, legs and tummy are. It will include a mixture of aerobic and conditioning training

Ugh! Wednesdays HIIT

High intensity interval training is a 30 minute workout that alternate between intense bursts of activity and less intense activity. Increases your metabolism, quick and convenient, challenging, burns fat.

Swimming Lessons*

Private and group lessons available – Please contact reception

*extra charge applies

Please note this timetable is subject to change. Booking is essential to guarantee a place. Class participants who wish to cancel a class must cancel 1 hour before the class is due to begin. Classes are free with membership, otherwise the cost is €10 per class.