

Studio Timetable

t: 01 4053777/8 e: membership@thefitnessdock.ie
the fitness dock, 1 - 4 Lower Camden street, d2.

opening hours: mon-wed: 6am-11pm, thurs: 6am-10pm,
fri: 6am-9pm, sat: 9am-6pm, sun + bank holidays: 10am-6pm

www.thefitnessdock.ie



Save the trees.
Go online to
check our classes.



MONDAY

Time	Class	Duration	Level	Instructor
07:20	Spin	40min	⊙	Louise
13:10	Body Pump	40min	⊙	Petra
17:40	Body Attack	60min	⊙	Natalie
18:00	Spin	45min	⊙	Alt
18:45	Body Pump	60min	⊙	Natalie

TUESDAY

Time	Class	Duration	Level	Instructor
10:00	Body Pump	60min	⊙	Gary
13:10	Spin	40min	⊙	Natalie
17:30	Body Pump	60min	⊙	Natalie
18:00	Spin	45min	⊙	Louise
18:30	Khai Bo	45min	⊙	Mick
19:15	Body Attack	60min	⊙	Louise

WEDNESDAY

Time	Class	Duration	Level	Instructor
07:00	Body Pump	60min	⊙	Gabrielle
13:10	Body Pump	40min	⊙	Petra
18:00	Spin	45min	⊙	Louise
18:00	Bootcamp	60min	⊙	Petra
19:00	Spin	45min	❖	Petra
19:00	Boxing Circuits	45min	⊙	Louise

THURSDAY

Time	Class	Duration	Level	Instructor
10:00	Body Pump	60min	⊙	Natalie
18:15	Spin	45min	❖	Natalie
18:30	Body Pump	60min	⊙	Petra
20:00	**MST**	60min	☆/❖	Louise

FRIDAY

Time	Class	Duration	Level	Instructor
07:00	Body Pump	60min	⊙	Alt
13:10	Spin	40min	⊙	Alt
17:30	Instructors' Choice	45min	⊙	Alt

SATURDAY

Time	Class	Duration	Level	Instructor
11:00	**MST**	60min	☆/❖	Gary
11:00	Body Attack	60min	⊙	Alt
12:00	Super Spin	60min	⊙	Alt

SUNDAY

Time	Class	Duration	Level	Instructor
12:00	Body Pump	60min	⊙	Alt

CLASS LEVEL:

❖ Advanced ● Beginners ☆ Intermediate ⊙ All Levels

Sign up sheets will be available 15 minutes prior to the start of each class.
Minimum of 3 members per class.

**Any Classes with the ** symbol have an extra charge. Details at Reception.



get fit for life!

CLASSES

Classes are included in your membership and you are also entitled to a special rate on all our courses and workshops. To take part in any of our classes you must sign up prior to the class. Sign up sheets will be available 15 minutes prior to each class.

BODY PUMP™

BODYPUMP™ is the original barbell class that shapes, tones and strengthens your entire body and is one of the world's fastest ways to get in shape. This 60-minute addictive workout challenges all of your major muscle groups by using the best weight-room exercises such as squats, presses, lifts and curls. BodyPump is a breakthrough in fitness training focusing on high repetition movements with low weight loads. This will help you achieve strength and introduce lean body muscle conditioning. With the latest chart topping music, highly trained instructors and your choice of weight, get the results you are looking for – and fast!

BODY ATTACK

This is a high intensity cardio aerobics class from Les Mills designed for all fitness levels. The class includes a warm up, plyometric track, upper body conditioning, agility, interval and abs workout with energetic and uplifting music.

BOOTCAMP

Bootcamp combines cardiovascular and resistance training in one effective workout. In this class, you will use light weights for higher repetitions to really get your heart pumping. This class will also include core work and abdominal exercises for the full body workout you want.

BOXING

Boxing drills using gloves and pads for strength and to burn a truckload of calories! Boxing combines cardio, body weight exercises and abs all into one workout. You'll save time by burning fat, toning muscle and getting a flat stomach all at once. This non-contact class is suitable for both males & females.

SPIN

A motivating calorie burning class! The ultimate indoor cycling experience. This is a great workout with varied music settings to create an energised atmosphere, great for all ability levels. You control the resistance on your bike and make the pedaling as easy or difficult as you choose. Our instructors will guide you through workout phases. Includes warm-up, sprints, climbs, cool-downs, etc.

Super Spin - a 60 minute intense spinning session.

KHAI BO

Martial arts meets aerobics in this great workout for the entire body. Great for overall fitness, toning and coordination.

MODIFIED STRONGMAN TRAINING (MST)*

This class will take your fitness and sports performance to new levels. If that is not enough for you, because of the huge amounts of lactic acid that is produced, it's an awesome fat burning session too. This training is becoming very popular in the sports performance circles because of its ability to develop true "functional strength" for athletes.

*Additional charge applies.

BENEFITS

The benefits of health and fitness are bountiful so why not treat yourself to a healthy discount with an exclusive Fitness Dock rate with our corporate partners. Simply show your membership card to avail of your fantastic savings:



Cafe Bliss

15% off their a la carte menu



The Exchequer

Enjoy 10% off your food bill



Wagamama

15% off your food bill



Credo

(as seen on Operation Transformation)
10% off any item on their menu

STUDIO ETIQUETTE

In the interest of your safety and in consideration of other members, please adhere to the following:

- Please always register for each class at the reception desk - bookings will start 15 min prior to the class.
- You can not book for your friend. These rules are in place to make sure that members have a fair chance to participate in their chosen class.
- Please consult your doctor before participating in any activity if you are unsure of the suitability of any class, or if you are recovering from or currently suffering from any medical condition.
- Please inform the instructor if you are either pregnant, recovering from illness or injury before the start of the class.
- Please arrive on time. If you are late for a class, you will have missed the warm-up and this is potentially dangerous and for safety reasons you will not be allowed to participate.
- Please only come to the class if you can participate in all of it, as otherwise you will miss the cool down.
- Please return any used equipment (dumbbells, step etc) to its original place before leaving the studio.
- Always bring your towel and a water bottle with you to stay hydrated.
- APPROPRIATE EXERCISE ATTIRE MUST BE WORN AT ALL TIMES:
 - Non-marking indoor gym shoes (For your own safety MBTs, Chi shoes or any other similar shoes are not allowed).
 - Tight fitting clothing (bottoms) for Spinning classes.
 - For your own safety please adjust the length of your gym trousers for STEP and all Aerobic/Dance-type classes

