

AEROBICS & TONING

Monday	Class	Instructor	Price
10.00am - 10.55am	Weekday Workout	Kay	€6.80/€3.40
5.00pm - 5.55pm	Zumba	Adriana	€7.90/€3.90
6.00pm - 6.55pm	Kettlebell	Janice	€7.90/€3.90
6.15pm - 7.05pm	Fitness Yoga	Ellen	€7.90/€3.90
7.00pm - 7.55pm	Gymstick	Eimer	€7.90/€3.90
8.00pm - 9.30pm	Spin & Rip	Aoife	€10/€5
Tuesday			
5.00pm - 5.55pm	Rip 60	Aoife	€7.90/€3.90
6.00pm - 6.55pm	Zumba	Stephanie	€7.90/€3.90
7.00pm - 7.55pm	Hardwork Conditioning	Jane	€7.90/€3.90
8.00pm - 8.55pm	Fitness Pilates	Jane	€7.90/€3.90
Wednesday			
10.00am - 10.55am	Weekday Workout	Jane	€6.80/€3.40
5.00pm - 5.55pm	Zumba	Adriana	€7.90/€3.90
6.00pm - 6.55pm	Kettlebell	Janice	€7.90/€3.90
6.15pm - 7.05pm	Fitness Yoga	Ellen	€7.90/€3.90
7.00pm - 7.55pm	Gymstick	Eimer	€7.90/€3.90
8.00pm - 8.55pm	Core Conditioning	Maura	€7.90/€3.90
Thursday			
5.00pm - 5.55pm	Rip 60	Rob	€7.90/€3.90
6.00pm - 6.55pm	Zumba	Stephanie	€7.90/€3.90
7.00pm - 7.55pm	Hardwork Conditioning	Orla	€7.90/€3.90
8.00pm - 8.55pm	Fitness Pilates	Orla	€7.90/€3.90
Friday			
10.00am - 10.55am	Gymstick & Spin	Kay	€6.80/€3.40
6.00pm - 6.55pm	20/20/20	Kay	€7.90/€3.90
7.00pm - 7.55pm	20/20/20	Maura	€7.90/€3.90
Saturday			
10.45am - 11.30am	20/20/20	Maura	€7.90/€3.90
Sunday			
10.45am - 11.30am	20/20/20	Sybil	€7.90/€3.90

PILATES & YOGA

We require all bookings to be made & paid for before the start date • Booking enquiries & Payment please contact reception. Instructor contact details are given in case you have specific questions about class content • Contact reception for the next start date & these may change depending on numbers.

Monday	Class	Instructor	Price	Contact	Start Dates
6.15pm - 7.05pm	Fitness Yoga	Ellen	€7.90/€3.90		
7.05pm - 8.05pm	Pregnancy Pilates	Sheena	€85 (6 Wks)	0863874699	Contact reception
Tuesday					
6.00pm - 7.00pm	Pilates for Beginners	Orla	€85 (6 Wks)	0876609088	Contact reception
7.00pm - 8.00pm	Post Natal Pilates	Orla	€85 (6 Wks)	0876609088	Contact reception
Wednesday					
6.15pm - 7.05pm	Fitness Yoga	Ellen	€7.90/€3.90		
7.05pm - 8.05pm	Pilates - Matwork	Sheena	€85 (6 Wks)	0863874699	Contact reception

SPINNING

Monday	Class	Instructor	Price
1.10pm - 1.40pm	Lunchtime Xpress	Mark	€3.50/€1.75
5.05pm - 5.55pm	Spinning	Brighid	€7.90/€3.90
6.05pm - 6.55pm	Spinning	Helen	€7.90/€3.90
7.05pm - 7.55pm	Spinning	Janice	€7.90/€3.90
8.00pm - 9.30pm	Spin & Rip	Aoife	€10/€5
Tuesday			
7.15am - 8.00am	Wake-up Spin	Brighid	€6.80/€3.40
9.45am - 10.30am	Morning Spinning	Kay	€6.80/€3.40
5.05pm - 5.55pm	Spinning	Nollaig	€7.90/€3.90
6.05pm - 6.55pm	Spinning	Aoife	€7.90/€3.90
7.05pm - 7.55pm	Spinning	Helen	€7.90/€3.90
8.05pm - 8.55pm	Weight Loss Spin	Ciara	€100/€50
<i>2 classes per week Tuesday & Thursday. Call Reception for next start date. 6 Wks (12 classes)</i>			
Wednesday			
1.10pm - 1.40pm	Lunchtime Xpress	Glynis	€3.50/€1.75
5.05pm - 5.55pm	Spinning	Janice	€7.90/€3.90
6.05pm - 6.55pm	Spinning	Kay	€7.90/€3.90
7.05pm - 7.55pm	Spinning	Maura	€7.90/€3.90
8.05pm - 8.55pm	Spinning	Sybil	€7.90/€3.90
Thursday			
7.15am - 8.00am	Wake-up Spin	Shane	€6.80/€3.40
5.05pm - 5.55pm	Spinning	Aoife	€7.90/€3.90
6.05pm - 6.55pm	Spinning	Cleo	€7.90/€3.90
7.05pm - 7.55pm	Spinning	Helen	€7.90/€3.90
8.05pm - 8.55pm	Weight Loss Spin	Ciara	€100/€50
<i>2 classes per week Tuesday & Thursday. Call Reception for next start date. 6 Wks (12 classes)</i>			
Friday			
10.00am - 10.55am	Gymstick & Spin	Kay	€6.80/€3.40
5.05pm - 5.55pm	Spinning	Kay	€7.90/€3.90
6.05pm - 6.55pm	Spinning	Maura	€7.90/€3.90
Saturday			
10.00am - 10.45am	Spinning	Maura	€7.90/€3.90
Sunday			
10.00am - 10.45am	Spinning	Deirdre	€7.90/€3.90

