



# SPORTSCO CLASS TIMETABLE 2015

\* = Members with early morning access only ('Multi Facility' or 'Early Morning') subscription

|   |   |   |   |  |  |
|---|---|---|---|--|--|
| * = Members with early morning access only ('Multi Facility' or 'Early Morning') subscription |   | Pool  | Studio  | Spin Studio  | Gym (members only)   |
| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY   |
| * SPINNING® (intervals)<br>Gym team<br>07:00 ~ 07:45  | * ABS BLAST<br>Gym team<br>07:30 ~ 08:00  | * HIIT<br>Kelly<br>06:45 ~ 07:15                  | * SPINNING® (strength)<br>Gym team<br>07:00 ~ 07:45 | * HIIT<br>Kelly<br>06:45 ~ 07:15   | FUNCTIONAL TRAINING<br>Gym team<br>09:30 ~ 10:15   |
| TURBOFIT<br>Gym team<br>12.30 ~ 13:00   | AQUA HEALTH<br>Gym team<br>10:00 ~ 11:00  | * CIRCUITS<br>Kelly<br>07:15 ~ 08:00              | ACTIVE FOR LIFE<br>Gym team<br>10:00 ~ 11:00        | * CIRCUITS<br>Kelly<br>07:15 ~ 08:00   | LIFT<br>Gym team<br>10:30 ~ 11:15  |
| STRONGMAN (sports hall)<br>Fintan<br>18:15 ~ 19:00  | TRX® CIRCUIT<br>Gym team<br>13:00 ~ 13:30   | TURBOFIT<br>Gym team<br>12:30 ~ 13:00             | TECHNIQUE TRAINING<br>Gym team<br>13:00 ~ 13:30     | AQUA HEALTH<br>Kelly<br>10:00 ~ 11:00  | SPINNING®<br>Gym team<br>11:30 ~ 12.30   |
| FUNCTIONAL TRAINING<br>Gym team<br>18.30 ~ 19:15  | LIFT<br>Kelly<br>18:15 ~ 19:00  | SPINNING®(strength)<br>Gym team<br>18:15 ~ 19:15  | HIIT (sports hall)<br>Erle<br>18:00 ~ 19:00         | TURBOFIT<br>Gym team<br>12:30 ~ 13:00  | SUNDAY<br><br>FUSION FIT<br>Gym team<br>11:00 ~ 12:00<br><br>TRX® PLUS (TRX zone)<br>Gym team<br>12:00 ~ 12:45 |
| POWER AQUA<br>Kelly<br>19:00 ~ 20:00  | SPINNING® (endurance)<br>Gym team<br>18:30 ~ 19:30                                  | FUNCTIONAL TRAINING<br>Gym team<br>18:30 ~ 19:15  | EASY STEP<br>Dorota<br>18:15 ~ 19:00                | TRX® CIRCUIT<br>Gym team<br>18:30 ~ 19:15  |  |
| SCULPT<br>Dorota<br>19:15 ~ 20:00   | FUNCTIONAL TRAINING<br>Gym team<br>18.30 ~ 19:15                                    | ZUMBA®<br>Heather<br>19:30 ~ 20:20                | SCULPT<br>Dorota<br>19:00 ~ 19:45                   | SPINNING® (endurance)<br>Gym team<br>19:15 ~ 20:15   |  |
| SPINNING® (strength)<br>Brian<br>19:30 ~ 20:30  | HIIT/ CORE<br>Kelly<br>19:00 ~ 19:45  | TRX® PLUS (TRX zone)<br>Gym team<br>19:30 ~ 20:15 | SPINNING® (intervals)<br>Gym team<br>19:00 ~ 20:00  |  |  |
|            | STRETCH & FLOW<br>Dorota<br>19:45 ~ 20:30   | PILOXING®<br>Heather<br>20:30 ~ 21:20             | REGGAETON<br>Erle<br>19:45 ~ 20:30                  | <b>PLEASE NOTE</b><br># Participants must obtain a card for each class at reception<br># Late arrivals will not be admitted once class has commenced<br># Cards are distributed on a first come, first served basis<br># A minimum of 2 people are required for a class to commence<br># Classes and/or instructors subject to change<br># Please bring a towel and bottle of water to class |  |
|   |  |   | POWER STEP<br>Erle<br>20:30 ~ 21:15                 |  |  |

Sep-15



**PILATES, YOGA & TENNIS COURSES - Please check with Reception or online  
for the next start date!**

**Fee applies to all courses / discounts for members**



[www.sportsco.ie](http://www.sportsco.ie)

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