



SPORTSCO CLASS TIMETABLE 2016

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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
* SPINNING® (intervals) Gym team 07:00 ~ 07:45	* ABS BLAST Gym team 07:30 ~ 08:00	* HIIT Joanna 06:45 ~ 07:15	* SPINNING® (strength) Gym team 07:00 ~ 07:45	* HIIT Gym Team 06:45 ~ 07:15	FUNCTIONAL TRAINING Gym team 09:30 ~ 10:15
TURBOFIT Gym team 13.00 ~ 13:30	AQUA HEALTH Gym team 10:00 ~ 11:00	* CIRCUITS Joanna 07:15 ~ 08:00	ACTIVE FOR LIFE Gym team 10:00 ~ 11:00	* CIRCUITS Gym Team 07:15 ~ 08:00	SCULPT Gym team 10:30 ~ 11:15
STRONGMAN (sports hall) Fintan 18:15 ~ 19:00	HIIT Gym team 13:00 ~ 13:30	TURBOFIT Gym team 13:00 ~ 13:30	HIIT Gym team 13:00 ~ 13:30	AQUA HEALTH Gym Team 10:00 ~ 11:00	SPINNING® (strength/interval) Gym team 11:30 ~ 12.30
FUNCTIONAL TRAINING Gym team 18.30 ~ 19:15	LIFT Dorota 18.15 ~ 19:00	SPINNING®(strength) Sean 18:15 ~ 19:15	STRONGMAN (sports hall) Senan 18:15 ~ 19:00	TURBOFIT Gym team 13:00 ~ 13:30	SUNDAY
POWER AQUA Gym Team 19:00 ~ 20:00	SPINNING® (endurance) Gym team 18:30 ~ 19:30	FUNCTIONAL TRAINING Gym team 18:30 ~ 19:15	SCULPT Senan 19:00 ~ 19:45	FUSION FIT Gym team 18:30 ~ 19:30	FUSION FIT Gym team 11:00 ~ 12:10
SCULPT Dorota 19:15 ~ 20:00	FUNCTIONAL TRAINING Gym team 18.30 ~ 19:15	ZUMBA® Michiko 19:30 ~ 20:20	SPINNING® (intervals) Gym team 18:30 ~ 19:30		TRX® PLUS (TRX zone) Gym team 12:15 ~ 13:00
SPINNING® (strength) Brian 19:30 ~ 20:30	HIIT/CORE Dorota 19:00 ~ 19:45	TRX® PLUS (TRX zone) Sean 19:30 ~ 20:15		<div>PLEASE NOTE</div> <div># Participants must obtain a card for each class at reception</div> <div># Late arrivals will not be admitted once class has commenced</div> <div># Cards are distributed on a first come, first served basis</div> <div># A minimum of 2 people are required for a class to</div>	
	STRETCH & FLOW Dorota 19:45 ~ 20:30	PILOXING® Elena 20:30 ~ 21:20			

Jan-16



PILATES, YOGA & TENNIS COURSES - Please check with Reception or online for the next start date! Fee applies to all courses, discounts for members



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