

FITNESS Timetable 2018 - from 8/1

SPORTSCO

www.sportsco.ie

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Ringsend
Dublin 4
T: 01 6687022

*leisure for
life!*

MONDAY			
6.45am	Spinning® (Strength)	SS	60m
10am	Fitness Pilates #	S1	45m
1pm	HIIT #	S1	30m
6pm	€ Yoga #	S1	60m
6.15pm	BootCamp #	Hall	45m
6.30pm	Release #	S1+2	30m
7pm	Aqua Aerobics #	Pool	60m
7pm	BodyPump™ #	S1+2	60m
7.30pm	Spinning® (Intervals) #	SS	60m
8.15pm	Zumba #	S1	45m

TUESDAY			
6.45am	Spin Express®	SS	30m
7.15am	Abs Blast	S1	30m
10am	Aqua Health #	Pool	60m
12.20pm	€ PhysioPilates Improver #	S1	40m
1pm	HIIT #	S2	30m
5.30pm	Box HIIT #	S1+2	45m
6.15pm	LIFT #	S1+2	45m
6.30pm	Spinning® (Strength) #	SS	45m
7pm	Functional Training	Gym	45m
7pm	HIITCore #	S1+2	45m
7.45pm	Stretch&Flow #	S1+2	45m

WEDNESDAY			
6.45am	HIIT	S1	30m
7.15am	Circuit	S1+2	30m
1pm	Fitness Pilates #	S1	30m
6.15pm	Functional Training	Gym	45m
6.15pm	Spinning® (Endurance) #	SS	60m
6.30pm	€ PhysioPilates Improver #	S1+2	60m
7.30pm	Abs & Release #	S1+2	45m
7.30pm	€ PhysioPilates Beginner #	Conf	60m

Introducing... **LES MILLS**

THURSDAY			
6.45am	Spinning® (Endurance)	SS	60m
10am	Active4Life #	S1	60m
1pm	Functional Training	Gym	30m
6.15pm	BodyPump™ #	S1+2	45m
6.30pm	Spinning® (Endurance) #	SS	45m
7.15pm	Zumba® #	S1+2	45m
8pm	Fitness Pilates #	S1	45m

FRIDAY			
7am	BodyPump™	S1+2	60m
10am	Aqua Health #	Pool	60m
1pm	Box HIIT #	S1+2	45m
6.30pm	FusionFit Strength #	S1+2	30m
7pm	Spin® (Express) #	SS	30m

SATURDAY			
9.15am	BootCamp #	S1+2	45m
10am	Spinning® (Strength) #	SS	45m
11am	Functional Training	Gym	45m

SUNDAY			
10am	Functional Training	Gym	45m
11am	Spinning® (Intervals) #	SS	60m

INFORMATION

= OPEN TO NON MEMBERS

Active4Life €7/Aqua Health €8/Aqua Aerobics €10. All other classes €12.50.

€ = COURSES (6 WEEKS)

Evening PhysioPilates or Yoga €80 members, €85 non-members. Lunchtime PhysioPilates €60 members, €65 non-members. For next course intake dates see Noticeboards, Social Media or sign up to our Newsletter via our website

~ Please obtain a card from Reception for each class

~ Cards are on a first come, first served basis

~ Late arrivals not admitted

~ Minimum Age 16, Minimum participants 2

~ Classes subject to change