

Class Timetable 2020

COMMENCING MONDAY 6TH JANUARY

SPORTSCO

www.sportsco.ie

South Lotts Road
Ringsend
Dublin 4
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leisure for
Life!

MONDAY			
6.45am	Spin HIIT	Spin	30m
7.20am	Les Mills BodyBalance™	S1+2	30m
10am	Les Mills BodyBalance™	S1+2	45m
12.30pm	Kettlebells & Core	Gym	30m
1.05pm	Les Mills GRIT™	S1+2	30m
6.15pm	Boot Camp	Hall	45m
6.30pm	Les Mills BodyBalance™	S1+2	45m
7.10pm	Spin	Spin	45m
7.20pm	Les Mills BodyPump™	S1+2	45m
8.15pm	ZUMBA®	S1+2	45m

TUESDAY			
6.45am	Les Mills GRIT™	S1+2	30m
7.20am	Core Training	S1+2	30m
10am	Aqua	Pool	45m
1.05pm	Les Mills GRIT™	S1+2	30m
6.30pm	Box Fit	S1+2	45m
6.30pm	Kettlebells & Core	Gym	30m
7.05pm	Spin	Spin	45m
7.20pm	Les Mills BodyPump™	S1+2	45m
8.10pm	Les Mills BodyBalance™	S1+2	45m

WEDNESDAY			
6.45am	Spin HIIT	Spin	30m
7.20am	Les Mills BodyBalance™	S1+2	30m
10am	Les Mills BodyBalance™	S1+2	45m
12.30pm	Kettlebells & Core	Gym	30m
1.05pm	Pilates	S1+2	45m
6pm	Functional Training	Gym	45m
6.30pm	Les Mills BodyPump™	S1+2	45m
6.50pm	Spin HIIT	Spin	25m
7.25pm	Les Mills GRIT™	S1+2	30m
8.05pm	Les Mills BodyBalance™	S1+2	45m

THURSDAY			
6.45am	Les Mills GRIT™	S1+2	30m
7.20am	Core Training	S1+2	30m
10am	Active 4 Life	S1+2	60m
1.00pm	Les Mills GRIT™	S1+2	30m
6.30pm	Les Mills BodyPump™	S1+2	45m
6.30pm	Spin HIIT	Spin	30m
7.05pm	Kettlebells & Core	Gym	30m
7.25pm	ZUMBA®	S1+2	45m
8.15pm	Les Mills BodyBalance™	S1+2	45m

FRIDAY			
6.45am	Les Mills BodyPump™	S1+2	45m
6.45am	Functional Training	Gym	45m
10am	Aqua	Pool	45m
1pm	Kettlebells & Core	Gym	30m
6.30pm	Les Mills GRIT™	S1+2	30m
7.05pm	Spin HIIT	Spin	30m

SATURDAY			
10am	Les Mills BodyPump™	S1+2	45m
10.55am	Spin HIIT	Spin	30m
11.35am	Les Mills BodyBalance™	S1+2	45m
4pm	Functional Training	Gym	45m

SUNDAY			
10.15am	Functional Training	Gym	45m
11.10am	Spin	Spin	45m
12pm	Les Mills BodyBalance™	S1+2	45m
4pm	Kettlebells & Core	Gym	30m

(Please see overleaf for full class descriptions)

- ~ Please obtain a card from reception for each class
- ~ Cards are on a first come, first served basis
- ~ Please arrive for class prior to start time
- ~ Minimum Age 16
- ~ Classes subject to change due to instructor availability

Classes highlighted in green are for members only

Classes highlighted in white are for both members & non members
Active 4 Life €7 / Aqua €8. All other classes €12.50

Paid Courses

Lunchtime Physio Pilates €60 Members €65 Non Members
Evening Physio Pilates €80 Members €85 Non Members