

Class Timetable 2019

COMMENCING MONDAY 7TH JANUARY

SPORTSCO

www.sportsco.ie

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leisure for
Life!

MONDAY			
6.45am	Spin	Spin	45m
10am	Pilates #	S1+2	45m
12.30pm	Kettlebells & Core	Gym	30m
1.05pm	Les Mills GRIT™ #	S1+2	30m
6.05pm	Les Mills BodyBalance™ #	S1+2	60m
6.15pm	Boot Camp #	Hall	45m
7.10pm	Les Mills BodyPump™	S1+2	60m
7.10pm	Spin #	Spin	45m
8.15pm	Zumba #	S1+2	45m

TUESDAY			
6.45am	Les Mills GRIT™	S1+2	30m
7.20am	Abs Blast	S1+2	30m
10am	Aqua #	Pool	45m
12.30pm	Spin HIIT #	Spin	30m
1.05pm	Les Mills GRIT™ #	S1+2	30m
6.15pm	Box Fit #	S1+2	45m
6.30pm	Kettlebells & Core	Gym	30m
7.05pm	Spin #	Spin	45m
7.05pm	Les Mills BodyPump™	S1+2	45m
7.55pm	Functional Training	Gym	45m
7.55pm	Les Mills BodyBalance™ #	S1+2	60m

WEDNESDAY			
6.45am	Spin HIIT	Spin	30m
7.20am	Boot Camp	S1+2	30m
10am	Les Mills BodyBalance™ #	S1+2	60m
12.30pm	Kettlebells & Core	Gym	30m
1.05pm	Pilates #	S1+2	45m
6.15pm	Box Fit #	S1+2	45m
6.30pm	Spin HIIT #	Spin	25m
7.05pm	Les Mills GRIT™ #	S1+2	30m
7.05pm	Functional Training	Gym	45m

THURSDAY			
6.45am	Les Mills GRIT™	S1+2	30m
7.20am	Abs Blast	S1+2	30m
10am	Active 4 Life #	S1+2	60m
12.30pm	Les Mills GRIT™ #	S1+2	30m
1.05pm	Spin HIIT #	Spin	30m
6.15pm	Les Mills BodyPump™	S1+2	45m
6.15pm	Spin #	Spin	45m
7.10pm	Zumba® #	S1+2	45m
8pm	Pilates #	S1+2	45m

FRIDAY			
7am	Les Mills BodyPump™	S1+2	45m
7am	Functional Training	Gym	45m
10am	Aqua #	Pool	45m
12.30pm	Functional Training	Gym	30m
1.05pm	Box Fit #	S1+2	45m
6.30pm	Les Mills GRIT™ #	S1+2	30m
7.05pm	Spin HIIT #	Spin	30m

SATURDAY			
10am	Les Mills GRIT™ #	S1+2	30m
10.40am	Spin #	Spin	45m
11.35pm	Les Mills BodyBalance™ #	S1+2	45m
4pm	Functional Training	Gym	45m

SUNDAY			
10.15am	Functional Training	Gym	45m
11.10am	Spin #	Spin	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

~ Late arrivals not admitted

~ Minimum Age 16

~ Classes subject to change due to instructor availability

= OPEN TO NON MEMBERS

Active 4 Life €7/Aqua €8. All other classes €12.50.

€ = COURSES (6 WEEKS)

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