

Class Timetable 2018

COMMENCING MONDAY 22ND OCTOBER

SPORTSCO

www.sportsco.ie

South Lotts Road
Ringsend
Dublin 4
T: 01 6687022

leisure for
Life!

MONDAY			
6.45am	Spin	Spin	45m
10am	Fitness Pilates #	S1+2	45m
1pm	Les Mills GRIT™ #	S1+2	30m
6pm	Yoga # €	S1+2	60m
6.15pm	Boot Camp #	Hall	45m
7.10pm	Aqua Aerobics #	Pool	50m
7.05pm	Les Mills BodyPump™	S1+2	60m
7.30pm	Spin #	Spin	45m
8.15pm	Zumba #	S1+2	45m

THURSDAY			
6.45am	Spin HIIT	Spin	30m
7.20am	Abs Blast	S1+2	30m
10am	Active 4 Life #	S1+2	60m
1pm	Functional Training	Gym	30m
6.15pm	Les Mills BodyPump™	S1+2	45m
6.30pm	Spin #	Spin	45m
7.15pm	Zumba® #	S1+2	45m
8pm	Fitness Pilates #	S1+2	45m

TUESDAY			
6.45am	Spin HIIT	Spin	30m
7.20am	Abs Blast	S1+2	30m
10am	Aqua Health #	Pool	60m
12.20pm	Physio Pilates Improver # €	S1+2	40m
1pm	Les Mills GRIT™ #	S1+2	30m
5.30pm	Box Fit #	S1+2	40m
6.15pm	LIFT #	S1+2	45m
6.30pm	Spin #	Spin	45m
6.30pm	PhysioPilates Improver # €	Conf	60m
7pm	Functional Training	Gym	45m
7.05pm	HIIT Core #	S1+2	40m
7.30pm	PhysioPilates Beginner # €	Conf	60m
7.50pm	Stretch & Flow #	S1+2	45m

FRIDAY			
7am	Les Mills BodyPump™	S1+2	45m
7am	Functional LITE	Gym	45m
10am	Aqua Health #	Pool	60m
1pm	Box Fit #	S1+2	45m
6.30pm	Fusion Fit Strength #	S1+2	30m
7.05pm	Spin HIIT #	Spin	30m

WEDNESDAY			
6.45am	HIIT	S1+2	30m
7.20am	Circuit	S1+2	30m
9.30am	Les Mills BodyBalance™ #	S1+2	60m
1pm	Fitness Pilates #	S1+2	45m
6.15pm	Box Fit #	S1+2	45m
6.30pm	Spin HIIT #	Spin	30m
7.05pm	Abs Blast #	S1+2	30m
7.05pm	Functional Training	Gym	45m

(Please see overleaf for full class descriptions)

SATURDAY			
9.30am	Boot Camp #	Hall	45m
10.30am	Spin #	Spin	45m
11.25am	Functional Training	Gym	45m

SUNDAY			
10am	Functional Training	Gym	45m
10.55am	Spin #	Spin	45m

- ~ 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 Health €8/Aqua Aerobics €10. All other classes €12.50.

€ = COURSES (6 WEEKS)

Evening Physio Pilates or Yoga €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