

FITNESS CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am	HIIT	SPIN	PUMP + TONE	SPIN	HIIT		
6:45 am	CORE 15	CORE 15	CORE 15	CORE 15	CORE 15		
7:00 am	SPIN	YOGA	SPIN	PUMP + TONE	SPIN		
9:30 am	PUMP + TONE	HIIT	YOGA	PUMP + TONE	SPIN	SPIN	HIIT
10:15 am	SPIN	PUMP + TONE	SPIN	ZUMBA	YOGA	PUMP + TONE	SPIN
11:00 am	AQUA	SPIN	AQUA	AQUA	AQUA	YOGA FLOW	PILATES
11:00 am	ACTIVE	PILATES	ACTIVE	PILATES	ACTIVE	SPIN	
1:00 pm	SPIN	HIIT	SPIN	HIIT	SPIN	HIIT	PUMP + TONE
1:00 pm	PILATES		PILATES				
5:30 pm	HIIT	PUMP + TONE	SPIN	HIIT	SPIN		
6:15 pm	PUMP + TONE	HIIT	PUMP + TONE		PUMP + TONE		
6:15 pm	SPIN	SPIN	SPIN	SPIN			
7:00 pm	STRONG	PUMP + TONE	HIIT	PUMP + TONE	HIIT		
7:00 pm	SPIN	SPIN					
7:45 pm	PILATES	YOGA FLOW	PILATES	YOGA YIN	CORE 15		

NOTES.

All classes cater for all fitness levels & descriptions can be found on [campusfitness.ie](#)

All classes - 40 mins
CORE 15 - 15 mins

Pre-booking required & can be booked via our app.

Don't forget to cancel if you can't make it!

Failure to cancel attendance on 2 occasions may result in future booking restrictions