

# CLASS TIMETABLE

## SPRING/SUMMER 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am	HIIT	SPIN	PUMP	BOXFIT	HIIT		
6:45am	CORE	CORE	CORE	CORE	CORE		
7am	SPIN	PILATES	SPIN	PUMP	SPIN		
9:30am	PUMP	SPIN	HIIT	SPIN	PUMP	SPIN	HIIT
10:15am	SPIN	PUMP	SPIN	PILATES	SPIN	PUMP	SPIN
	STRETCH'N'FLEX		YOGA FLOW		YOGA FLOW		
11am	AQUA		AQUA	AQUA	AQUA	SPIN	STRETCH'N'FLEX
11:15am	ACTIVE	ACTIVE	ACTIVE	ACTIVE	ACTIVE	YOGA FLOW	
1pm	SPIN	PUMP	SPIN	HIIT	SPIN	HIIT	SPIN
	YOGA FLOW	VIRTUAL SPIN	STRETCH'N'FLEX	VIRTUAL SPIN	PILATES		
5pm	HIIT	SPIN	BOXFIT	SPIN	HIIT		
5:45pm	BOXFIT	PUMP	HIIT	PUMP			
	SPIN		SPIN		SPIN		
6:30pm	PUMP	BOXFIT	PUMP	HIIT	PUMP		
	VIRTUAL SPIN	SPIN	VIRTUAL SPIN	SPIN	VIRTUAL SPIN		
7:15pm	STRONG	HIIT	DANCEFIT	BOXFIT			
	SPIN	VIRTUAL SPIN	SPIN	VIRTUAL SPIN			
8pm	PILATES	YOGA FLOW	PILATES	YOGA YIN			

All class descriptions are available on our website

All classes 40mins

CORE 15mins

All classes MUST be booked online via our app

Please CANCEL booking if you cannot make the class

Classes cater to all fitness levels



SPORT IRELAND CAMPUS

FITNESS



**BOOK NOW**