



FITNESS CLASS SCHEDULE

September
October

2025



PAYG

Classes are €10 per class

or

Class Card €64 (8 Classes)

Aqua

Members €4/€25

Non Members

€8/€50

Class Cards Available on Request

MONDAY

S&C

6.45-7.30 AM
S&C Unit

COMBO

9.25-10.10 AM
Studio

AQUA

10.15-11 AM

AQUA

7.30-8.15 PM

TUESDAY

S&C

7.15-8PM
S&C Unit

WEDNESDAY

S&C

6.45-7.30 AM
S&C Unit

BODY CONDITIONING

9.25-10.10 AM
Studio

AQUA

10.15-11 AM

POWER-LIFT

7.15-8 PM
S&C Unit

AQUA

7.30-8.15 PM

THURSDAY

S&C

BOOTCAMP

7.15-8 PM
S&C Unit

FRIDAY

BOOTCAMP

6.45-7.30 AM
Studio

T.B.W

9.25-10.10AM
Studio

Valid September 1st - October 31st

Classes resume on September 1st 2025

We ask that ALL STUDIO & S&C FITNESS CLASSES be pre-booked as spaces are limited to 6-8 people per class