



FITNESS CLASS SCHEDULE

16th February - 26th March, 2026



PAYG

Classes are €10 per class

or

Class Card €64 (8 Classes)

Aqua

Members €5/€30

Non Members

€10/€60

Class Cards Available on Request

Personal Training Slots Available

MONDAY

S&C

6.15-7 AM
7-7.45 AM
S&C Unit

COMBO

9.25-10.10 AM
Studio

AQUA

10.15-11 AM

AQUA

7.30-8.15 PM

TUESDAY

COMBO

9.25-10.10AM
Studio

STEP & TONE

6.30-7.15
Studio

WEDNESDAY

S&C

6.15-7 AM
7-7.45 AM
S&C Unit

COMBO

9.25-10.10 AM
Studio

AQUA

10.15-11 AM

AQUA

7.30-8.15 PM

THURSDAY

S&C

6.15-7 AM
7-7.45 AM
S&C Unit

STEP & TONE

9.25-10.10AM
Studio

S&C

7.15-8PM
S&C Unit

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