



FITNESS CLASS SCHEDULE

April 13th-May 31st, 2026

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

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
6.30-7.15
S&C Unit

FRIDAY

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

STEP & TONE
9.25-10.10 AM
Studio



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

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