



iveagh fitness club

SWIM | TRAIN | SPIN

Class Timetable

Monday to Friday - 7am to 9pm | Saturday - 9am to 6pm | Sunday - 10 to 6pm | Bank Hol - 10am to 6pm

Monday

7am HIIT
1pm Stretching & Mobility
6pm Function Training
6.15 Spin Class (Karine)
7.15 Mat Pilates (Karine)

Tuesday

7am Function Training
10.15 AquaFit
1pm Mat Pilates (Karine)
6pm Kettlebells & TRX
7pm Self Defence (Pietro)

Wednesday

7am Yoga (Angie)
7am Spinclass
1pm Circuit Training
6pm BoxFit (Alex)
6.15 Spin Class (Karine)
7.15 Mat Pilates (Karine)

Thursday

7am Kettlebells & TRX
10.15 AquaFit
1pm Mat Pilates (Karine)
6pm Self Defence (Pietro)
7pm Zumba (Madhumita)

Friday

7am Spinclass
1pm ABS Attack
6pm BoxFit (Alex)

Saturday

10am Mat Pilates (Karine)
11am Step (Karine)
12pm Zumba (Madhumita)

Sunday

10.30 Spinclass
11.30 Stretch & Mobility

No Booking Necessary - First Come, First Served.

Dumbbells, plates & belts etc. must be returned to their correct storage location.

Towels must ALWAYS be used when exercising on any benches or seated machines.

t 01 454 6555
www.iveaghfitness.ie

