



# iveagh fitness club

SWIM | TRAIN | SPIN

## Class Timetable

Monday to Friday - 6.30am to 9pm | Saturday - 9am to 6pm | Sunday/Bank Hol - 10am to 6pm

### Monday

7am HIIT  
1pm Circuit Training  
6.15 Manic Monday Spin  
7.15 Yoga

### Tuesday

7am Function Training  
10.15 AquaFit  
1pm Stretch & Mobility  
6pm Kettlebells & TRX  
7pm Self Defence

### Wednesday

7am Yoga  
7am Spin  
1pm Functional Training  
6pm BoxFit  
7.15 Yoga

### Thursday

7am Kettlebells & TRX  
10.15 AquaFit  
1pm Stretch & Mobility  
6pm Self Defence  
7pm Dance Class

### Friday

7am Spin  
7am Yoga  
1pm ABS, ASS & Attitude  
6pm BoxFit

### Saturday

10am Spin  
11am Psycho Saturday Circuits  
12pm Dance Class

### Sunday

10.30 Spin  
11.30 Stretch & Mobility  
12.30 holy HIIT

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

