



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
6pm Dance
6.15pm Manic Monday Spin
7.15pm Yoga

Tuesday

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

Wednesday

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

Thursday

7am Kettlebells & TRX
10.15am AquaFit
1pm Pilates
6pm Self Defence
7.15pm Yoga

Friday

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

Saturday

10am Spin
11am Psycho Saturday Circuits

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

