



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 Spin
1pm Stretch & Mobility
6pm Dance
6.15pm Spin
7.15pm Yoga

Tuesday

7am Circuits
10.15am Aqua Fit
1pm Spin
6pm Kettlebells & TRX
7pm Self Defence

Wednesday

7am Yoga
7am Spin
1pm Functional Training
6pm BoxFit
7pm Stretch & Mobility

Thursday

7am Functional Training
10.15am Aqua Fit
1pm Kettlebells & TRX
6pm Self Defence
7.15pm Yoga

Friday

7am Circuits
1pm Stretch & Mobility
6pm BoxFit

Saturday

10am HIIT
11am Kettlebells & TRX
12.00 ABS, ASS & Attitude

Sunday

10.30 Spin
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

