

The Club

AT FITZPATRICK'S

Class Timetable Aug 26th - Dec 1st 2024

Monday

7.15	20/20	45 min
9.15	Pump	45 min
10.15	Kettlebells	45 min
12.00	Aqua Fit	40 min
18.30	TBS	45 min
20.00	Aqua Fit	40 min
20.00	Yoga (€) Improvers	75 min

Tuesday

7.15	Spin + abs	40 min
8.00	Yoga (€)	60 min
9.15	Yoga (€)	60 min
9.30	Lift/cycle/row/ski	45 min
10.30	TBS	45 min
18.30	Pump	45 min
19.15	20/20	45 min

Wednesday

7.15	Pump	45 min
9.15	Kettlebells	45 min
10.00	Stretch + core	45 min
11.00	Yoga (€)	75 min
18.30	TBS	45 min
19.15	Pilates (€)	60 min

Thursday

7.15	20/20	45 min
8.00	Yoga (€)	60 min
9.15	Yoga (€)	60 min
9.30	Lift/cycle/row/ski	45 min
12.00	Aqua Fit	40 min
18.30	Spin + Abs	45 min
19.15	Yoga (€) Beginners	60 min

Friday

7.15	TBS	45 min
8.15	Yoga (€)	60 min
9.30	Yoga (beginners) (€)	60 min
9.15	Lift/cycle/row/ski	60 min

Saturday

8.15	Lift/cycle/row/ski	45 min
9.30	Pump	45 min
10.15	Spin + abs	40 min

Sunday

10.00	Stretch + Core	45 min
-------	----------------	--------

Yoga (€) has a €3 supplement to be paid before the class

Pilates (€) has a €5 supplement to be paid before the class

Booking for classes can only be done 24hrs in advance on FITSENSE (club app)