

MONDAY

<u>TIME</u>	<u>Class</u>	<u>Duration</u>	<u>Fitness Level</u>	<u>Price</u>
7.15am	Spin	30 minutes	All	Free
11.00am	Aqua	30 minutes	All	Free
12.45pm	Spin	30 minutes	All	Free
6.00pm	HIIT	30 minutes	All	Free
6.30pm	Spin	30 minutes	All	Free

TUESDAY

<u>TIME</u>	<u>Class</u>	<u>Duration</u>	<u>Fitness Level</u>	<u>Price</u>
7.15am	Spin	30 minutes	All	Free
11:00am	Stretch & Flex	30 minutes	All	Free
12:45pm	Spin	30 minutes	All	Free
6.00pm	Stretch & Flex	30 minutes	All	Free
6.30pm	Total Body Tone	30 minutes	All	Free

WEDNESDAY

<u>TIME</u>	<u>Class</u>	<u>Duration</u>	<u>Fitness Level</u>	<u>Price</u>
7.15am	Spin	30 minutes	All	Free
6.30pm	Total Body Tone	30 minutes	All	Free

THURSDAY

<u>TIME</u>	<u>Class</u>	<u>Duration</u>	<u>Fitness Level</u>	<u>Price</u>
6:30am	Spin	30 minutes	All	Free
11:00am	Stretch & Flex	30 minutes	All	Free
12:30pm	HIIT	30 minutes	All	Free
6.00pm	HIIT	30 minutes	All	Free
6.30pm	Spin	30 minutes	All	Free

FRIDAY

<u>TIME</u>	<u>Class</u>	<u>Duration</u>	<u>Fitness Level</u>	<u>Price</u>
12.45pm	Spin	30 minutes	All	Free
6.30pm	Spin	30 minutes	All	Free

SATURDAY

<u>TIME</u>	<u>Class</u>	<u>Duration</u>	<u>Fitness Level</u>	<u>Price</u>
10.00am	Spin	30 minutes	All	Free

- New Timetable commencing from 06/06/2022.
- All classes for members only.
- Bookings can be only made over the phone 3 days in advance of a class
- For more information please call 021-480 0523 or email thehealthclub@thekingsley.ie