



Druids Glen Health Club Class Schedule

starts Monday 5th October 2020

MONDAY		
Time	Class	Venue
9.15am - 10am	Spin	Conference Centre
1.00pm - 1.45pm	Aqua	Pool
8.00pm-9.00pm	Pilates Course	Conference Centre

TUESDAY		
Time	Class	Venue
9.15am - 10am	Spin	Conference Centre
7.00pm -8pm	Spin and Abs	Conference Centre

WEDNESDAY		
Time	Class	Venue
9.15am - 10am	Spin	Conference Centre
1.00pm- 1.45pm	Aqua	Pool
7.00pm -8pm	Spin and Body Weight	Conference Centre

THURSDAY		
Time	Class	Venue
9.15am – 10.15am	Pilates	Conference Centre
7.00pm-7.45pm	Spin	Conference Centre

FRIDAY		
Time	Class	Venue
9.15am – 10.15am	Spin and Abs	Conference Centre
1.00pm - 1.45pm	Aqua	Pool

Sunday		
Time	Class	Venue
11am-12pm	Spin and Body Weight	Conference Centre

Full Opening Times

6.00am - 8.45pm Monday to Friday & 7.00am - 6.45pm Saturday, Sunday & Bank Holidays

Booking is essential for all classes, gym and pool times

Call 01 287 0821. Bookings open 1 week in advance of all classes starting.

Class Descriptions

Spin- Indoor cycling for all levels. Excellent cardio workout.

Abs- 15-minute Abdominal based exercises

Aqua Aerobics: Low impact resistance and strengthening class, aimed at improving strength, mobility and toning the body.

Pilates: Mat based class designed to strengthen the core muscles. Lift and support in a relaxed environment.

Spin and Body Weight -30 minutes of spin and 30 min of Body weight exercises

Druids Glen Hotel & Golf Resort, Newtownmountkennedy, Co. Wicklow, Ireland

Tel: +353 1 287 0821 ~ www.druidsglenresort.com