



Druids Glen Health Club Class Schedule Starting 11th May 2026

MONDAY		
Time	Class	Venue
7am – 7:45am	Bootcamp	Studio
9:15am – 10am	Spin & Tone	Studio
10am – 10:30am	Super Seniors	Studio
11am – 11:45am	Aqua Aerobics	Pool
7:00pm – 7:45pm	Spin & Core	Studio

TUESDAY		
Time	Class	Venue
9:15am – 10am	Spin & Core	Studio
10am-10:45am	Strength Training	Studio
10am-11am	Yoga (Course)	Business Centre/Studio
7:00pm – 7.45pm	Total Body Workout	Studio

WEDNESDAY		
Time	Class	Venue
7am – 7:45am	Bootcamp	Studio
9:15am – 10am	Strength Training	Studio
10am – 10:50am	Pilates (Course)	Studio
11am – 11:45m	Aqua Aerobics	Studio
7pm – 7:45pm	Spin & Core	Studio

THURSDAY		
Time	Class	Venue
9:15am – 10am	Spin & Core	Studio
10am – 10:45am	Strength Training	Studio
11am-11.30am	Stretch & Flex	Studio
7pm – 7:45pm	Total Body Workout	Studio

FRIDAY		
Time	Class	Venue
7am – 7:45am	Bootcamp	Studio
9:15am – 10am	Pump	Studio
10am – 10:30am	Super Seniors	Studio
11am – 11:45am	Aqua Aerobics	Pool

SATURDAY		
Time	Class	Venue
9.15am – 10am	Pump	Studio
SUNDAY		
Time	Class	Venue
9.30am-10.30am	Spin & Tone	Studio