



Druids Glen Health Club Class Schedule

Starts Monday April 25th

MONDAY		
Time	Class	Venue
7.00am-7.45am	Bootcamp	Studio
9.15am – 10.00am	Spin	Studio
11.00am - 11.45am	Aqua	Pool
7.00pm – 7.45pm	Spin	Studio

TUESDAY		
Time	Class	Venue
9.15am – 10.00am	Spin	Studio
7.00pm -8.00pm	Spin and Abs	Studio

WEDNESDAY		
Time	Class	Venue
7.00am-7.45am	Bootcamp	Studio
9.15am – 10.00am	Spin	Studio
11.00am- 11.45am	Aqua	Pool
7.00pm -7.45pm	Spin	Studio

THURSDAY		
Time	Class	Venue
9.15am – 10.00am	Begin to Spin and Abs	Studio
7.00pm-7.45pm	Bootcamp	Studio

FRIDAY		
Time	Class	Venue
7.00am-7.45am	Bootcamp	Studio
9.15am – 10.00am	Spin	Studio
11.00am - 11.45am	Aqua	Pool

Saturday		
Time	Class	Venue
11.15am-12.00pm	Spin	Studio

Booking is essential for all classes

Class Descriptions

Spin: Indoor cycling for all levels. Excellent cardio workout

HIIT: High intensity interval training

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

Spin and Body Weight: 30 minutes of spin and 30 minutes of body weight exercises