



## Druids Glen Health Club Class Schedule

Starts Monday January 10th

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	HIIT	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	HIIT	Studio
11.00am- 11.45am	Aqua	Pool
7.00pm -7.45pm	Spin	Studio

THURSDAY		
Time	Class	Venue
9.15am – 10.00am	Spin	Studio
7.00pm-7.45pm	Spin	Studio

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

Sunday		
Time	Class	Venue
11.00am-12.00pm	Bootcamp	Studio

Booking is essential for all classes.

Call 01 287 0821. Bookings open 1 week in advance of all classes starting. A minimum of 3 participants are required to facilitate a class.

### Class Descriptions

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

**HIIT** – High Intense 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 min of Body weight exercises