



## Druids Glen Health Club Class Schedule January 2019

MONDAY		
Time	Class	Venue
7.00am - 7.45am	Bootcamp	Conference Centre
9.15am - 10.00am	Spin	Studio
11.00am - 11.45am	Aqua	Pool
7.00pm - 8.00pm	Spin & Core	Studio
7.15pm - 8.15pm	Pilates Course € from Jan 7 <sup>th</sup>	Conference Centre
8.30pm - 9.30pm	Pilates Course € from Jan 7 <sup>th</sup>	Conference Centre

TUESDAY		
Time	Class	Venue
9.15am - 10.00am	Spin	Studio
10.15am-11.00am	Pump & Tone	Conference Centre
6.45pm - 7.30pm	Box Fit	Studio
7.30pm - 8.00pm	Spin	Studio

WEDNESDAY		
Time	Class	Venue
7.00am - 7.45am	Bootcamp	Conference Centre
9.15am - 10.00am	Box Fit	Studio
10.00am - 11.15am	Hatha Yoga €	Conference Centre
11.00am - 11.45am	Aqua	Pool
11.30am - 12.30pm	Relax 50+ Yoga €	Conference Centre
7.00pm - 7.45pm	Spin	Studio
8.00pm - 8.45pm	Rip 60 Course € from January 9 <sup>th</sup>	Conference Centre

THURSDAY		
Time	Class	Venue
9.15am -10.00am	Spin	Studio
10.00am - 11.00am	Pilates Course €	Conference Centre
7.00pm - 7.45pm	Box Fit	Studio
7.50pm - 8.45pm	Spin	Studio
7.30pm - 8.45pm	Hatha Yoga €	Conference Centre

FRIDAY		
Time	Class	Venue
7.00am - 7.45am	Bootcamp	Conference Centre
9.15am - 10.15am	Pump & Tone	Conference Centre
10.20am-11.00am	Spin	Studio
11.00am - 11.45am	Aqua	Pool
6.30pm - 7.15pm	Spin	Studio
7.30pm- 8.15pm	Rip 60 Course	Conference Centre

SATURDAY		
Time	Class	Venue
7.00am - 7.45am	Bootcamp	Conference Centre
11.00am - 11.45am	Spin	Studio

SUNDAY		
Time	Class	Venue
10.45am - 11.45am	Spin & Tone	Studio

Studio - Outside Studio    Pool – Swimming Pool    € - Fee paying Class    Conference centre at Druids Glen Golf Club

### Full Opening Times

6.00am - 9.45pm Monday to Friday & 7.00am - 7.45pm Saturday, Sunday & Bank Holidays

### Off Peak Opening Times

7.00am - 4.00pm Monday to Friday & 9.00am - 5.00pm Saturday, Sunday & Bank Holidays

### Swimming Lessons

Monday 3pm - 6.00pm, Thursday 10am - 11.00am & 3.00pm - 6.00pm, Saturday 8.30am - 11.00am

### Swimming Pool

Children's Times 8.00am - 11.00am & 2.00pm - 6.00pm Daily

### Class Descriptions:

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

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

**Spin & Tone:** Mixture of spin & circuits.

**Box Fit:** Box FIT is inspired by boxing training techniques & methods. Jab, Cross & Hook your way to fitness with this fun innovative class.

**Core:** Targeting the mid-section of the body, this class focuses on developing the strength of your abdominal muscles.

**Bootcamp:** An intense boot camp style class incorporating high and low movements, plyometrics, and elements from the Navy Seal training program perfect for intermediate to advanced fitness levels. Prepare to sweat and push yourself to the next level!

**Box Fit & Tone:** mix of both box fit and tone class

**Yoga:** Discover the bodies amazing ability to balance

**Rip 60:** A rotating straps suspended from a height. Each workout focuses on building flexibility, strength, stability and balance by replicating natural movements.

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

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