



## Druids Glen Health Club Class Schedule

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	Pilates	Studio
7.45pm-8.30pm	Pilates	Studio

TUESDAY		
Time	Class	Venue
9.15am – 10.00am	Spin	Studio
7.15pm -8.15pm	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
7.15pm -8.00pm	Spin	Studio

THURSDAY		
Time	Class	Venue
9.15am – 10.15am	Spin and Abs	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	Spin and Body Weight	Studio

### Full Opening Time

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. A minimum of 3 participants are required to facilitate a class.

### 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

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