



Druids Glen Health Club Class Schedule 2026

	MONDAY	
Time	Class	Venue
7am – 7:45am	Bootcamp	Studio
9:15am – 10am	Spin&Tone	Studio
10am – 10:30am	SuperSeniors	Studio
11am – 11:45am	AquaAerobics	Pool
7:00pm – 7:45pm	Spin & Core	Studio

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

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

	THURSDAY	
Time	Class	Ven u e
9:15am–10am	Spin&Core	Studio
10am–10:45am	StrengthTraining	Studio
11am–11.30am	Stretch& Flex	Studio
7pm–7:45pm	Total BodyWorkout	Studio

	FRIDAY	
Time	Class	Ven u e
7am–7:45am	Bootcamp	Studio
9:15am– 10am	Pump	Studio
10am–10:30am	SuperSeniors	Studio
11am–11:45am	AquaAerobics	Pool

	Saturday	
Time	Class	Venue
9.15am–10am	Pump	Studio
	Sunday	
Time	Class	Venue
9.30am-10.30am	Spin&Tone	Studio

Druids Glen Hotel & Golf Resort, Newtownmountkennedy, Co. Wicklow, Ireland

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