

THE FITNESS CLUB

HILLGROVE HOTEL

OPENING HOURS NOW EXTENDED

MON & WED: 7AM-10PM

TUE & THU: 6.30AM-10PM

FRI: 7AM-8PM

SAT & SUN: 9AM-7PM

CLASS TIMETABLE

MONDAY

9:15-9:45	AQUA
10:00-10:30	CORE & FLEXABILITY
1:15-1:45	STUDIO HEAT
6:00-6:45	B.L.T.
7:00-7:45	SPIN
8:00-8:45	AQUA

TUESDAY

6:30-7:15	B-FIT BOOTCAMP
9:30-10:15	TONE IT UP
1:15-1:45	H.I.T.T.
6:00-6:30	SPIN INTENSITY
6:45-7:15	SPIN INTENSITY
7:30-8:00	RT24

WEDNESDAY

9:15-9:45	CIRCUITS
10:00-10:30	AQUA
1:15-1:45	STUDIO HEAT
6:00-6:45	BODYSHOX CIRCUITS
7:00-7:45	B.L.T.

THURSDAY

6:30-7:15	B-FIT BOOTCAMP
9:00-9:30	AQUA
10:00-10:45	TONE IT UP
1:15-1:45	INSTRUCTORS CHOICE
5:30-6:00	KETTLEBELLS
6:00-6:45	TONE IT UP
8:00 - 8.45	AQUA

FRIDAY

9:00-9:45	H.I.T.T.
10:00-10:30	AQUA
1:15-1:45	STUDIO HEAT
6:00-6:45	SPIN

SATURDAY

10:00-10:45	BODYSHOX CIRCUITS
1:00-1:45	TONE IT UP

CALL US ON **+353 (47) 73 232** TO BOOK

All classes have a limit of 6 people per class and your place must be pre-booked. Please contact The Fitness Club on 047 73232 to book your place and to give where possible one hour's notice if you are unable to attend a class.

Unfortunately, due to the current restrictions Yoga & Pilates are not going ahead for the moment. For Aqua classes, each member is limited to two classes per week for morning classes. Evening Aqua is one class per week for members until restrictions are lifted.