

THE JOHNSTOWN ESTATE **LEISURE CLUB**

FITNESS CLASS TIMETABLE COMMENCING JANUARY 2022

TIMETABLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7.10am	Spin (30 minutes)			Spin (30 minutes)	
9.30am	Spin & Abs (45 minutes)	* Pilates (60 mins) Gym S+C (45 mins)	BodyPump (45 minutes)	* Pilates (60 minutes)	Body 360 (45 minutes)
10.30am	Aqua (45 minutes)	* Pilates (60 mins) B.L.T (45 mins)	Spin & Abs (45 minutes)	* Pilates (60 minutes)	TRX/KB Combo (45 minutes)
11.30am				Aqua (45 minutes)	
6.30pm	Body Pump (45 minutes)	Spin & Abs (45 minutes)	TRX/KB Combo (45 minutes)	Spin & Abs (45 minutes)	
7.00pm				* Yoga (60 minutes)	
7.30pm	Aqua (45 minutes)	Step & Tone (45 minutes)	B.L.T. (45 minutes)	Aqua (45 minutes)	Spin & Abs (45 minutes)
8.15pm				* Yoga (60 minutes)	

- No entry to class after the Start time.
- Classes do not go ahead unless we have a minimum of 3 people booked in 15 minutes prior to class start time.
- Class numbers are set at 12 Maximum.

- Water bottle and sweat towel are mandatory
- Pilates contact Marie - 087 212 1045
- Yoga contact Ashling - 087 959 6482
- * Paid Course