

THE JOHNSTOWN ESTATE **LEISURE CLUB**

FITNESS CLASS TIMETABLE

Start 05/09/2022

| TIMETABLE | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------|-------------------------------|---|--------------------------------|--------------------------|------------------------------------|--------------------------|--------------------------------|
| 7.10am | Spin (30 minutes) | | | Spin (30 minutes) | | | |
| 9.30am | Spin (45 minutes) | * Pilates (60 mins) Bootcamp (45 mins) | BodyPump (45 minutes) | Circuits (45 minutes) | Body 360 (45 minutes) | | |
| 10.00am | | | | | | Spin (60 minutes) | Kettlebell/TRX (60 minutes) |
| 10.30am | Gym Education (45 minutes) | Spin (45mins) * Pilates (60 mins) | Aqua (45 minutes) | Pilates (60 minutes) | Aqua (45 mins) * Yoga (60 mins) | | |
| 2.00pm | | | | | | Gym Educ (45 minutes) | Gym Educ (45 minutes) |
| 6.30pm | Body Pump (45 minutes) | Spin (45 minutes) | Kettlebell/TRX (45 minutes) | Spin (45 minutes) | Gym Education (45 minutes) | | |
| 7.15pm | | | | * Yoga (60 minutes) | | | |
| 7.30pm | Aqua (45 minutes) | Step Aerobics (45 minutes) | BodyPump (45 minutes) | Aqua (45 minutes) | Spin (45 minutes) | | |
| 8.30pm | | | | * 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