

THE JOHNSTOWN ESTATE LEISURE CLUB

FITNESS CLASS TIMETABLE

30/10/2023

Timetable	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.10 AM	Spin (30 min)			Spin (30min)		
7.45AM	Gym Educ (45min)					
8.30am					Aqua (45 min)	
9.00AM						Circuits (45 min)
9.30 AM	Body Pump (45min)	Gym Bootcamp (45min)	Kettlebell/TRX (45 min)	BLT Gym Circuit (45 min)	Spin (45 min)	
		*Pilates (60 min)		*Pilates (60 min)		
10.30 AM	Aqua (45 min)	Spin (45 min)	Aqua (45min)	*Pilates (60 min)	*Yoga (60 min)	
		*Pilates (60 min)				
11.00AM						
2.00PM						Gym Educ (45min)
3.00PM			Gym Educ (45min)			
6.30 PM	Body Pump (45 min)	BLT (45 min)	Kettlebell/TRX (45 min)	Spin (45 min)		
7.15 PM				*Yoga (60 min)		
7.30 PM	Aqua (45 min)	Spin (45 min)	Body Pump (45 min)	Aqua (45 min)	Spin (45 min)	
8.30pm				*Yoga (60 min)		

Christmas break from 19/12/23 – 03/01/24

- Water bottles and sweat towels are mandatory.
- * = paid course.
- Pilates contact Marie – 0872121045.
- Yoga contact Ashling – 087 959 6482.
- No entry to class after start time.
- Classes do not go ahead unless there is a minimum of 3 people booked in 15 mins prior to start (excluding gym education).
- All classes must be booked in advance.

Telephone: 046 954 0020

Email: leisure.reception@thejohnstownestate.com

Website: www.thejohnstownestate.com