

THE JOHNSTOWN ESTATE LEISURE CLUB

FITNESS CLASS TIMETABLE

03/01/2024

Timetable	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.10 AM	Spin (30 min)			Spin (30min)		
7.45AM	GymEducation (45min)					
8.30AM					Aqua(45min)	
9.00AM						Circuits (45 min)
9.30 AM	Body Pump (45min)	Bootcamp (45min)	Kettlebell/TRX (45 min)	BLT(45 min)	Spin(45min)	
		*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)				
2.00PM						GymEducation (45min)
3.00PM			GymEducation (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) Yoga for men*	Spin (45 min)	Body Pump (45 min)	Aqua (45 min)	Spin (45 min)	
8.30pm				*Yoga (60 min)		

03/01/2024 – 09/06/2024

- Water bottles and sweat towels are mandatory.
- * = paid course.
- Pilates contact Marie – 0872121045.
- Yoga contact Ashling – 087 959 6482.
- Yoga for men Catriona – 087 750 7947.

- 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