

# THE JOHNSTOWN ESTATE LEISURE CLUB

## FITNESS CLASS TIMETABLE

Timetable	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8.15AM</b>	GymEducation (45min)				Aqua(45min)	
<b>9.00AM</b>						Bootcamp (45 min)
<b>9.30 AM</b>	Body Pump (45min)	Bootcamp (45min)	Kettlebell/TRX (45 min)	BLT(45 min)	Spin(45min)	
		*Pilates (60 min)		*Pilates (60 min)		
<b>10.30 AM</b>		Spin (45 min)		*Pilates (60 min)	*Yoga(60 min)	
		*Pilates (60 min)				
<b>11.00AM</b>	Aqua (45 min)		Aqua (45 min)			
<b>2.00PM</b>						GymEducation (45min)
<b>6.30 PM</b>	Body Pump (45 min)	BLT (45 min)	Kettlebell/TRX (45 min)	Spin (45 min)		
<b>7.15 PM</b>				*Yoga (60 min)		
<b>7.30 PM</b>	Aqua (45 min)	Spin (45 min)	Body Pump (45 min)	Aqua (45 min)	Fitball (45 min)	
<b>8.30pm</b>				*Yoga (60 min)		

Starting from 15/07/24

- 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.

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Website: [www.thejohnstownestate.com](http://www.thejohnstownestate.com)