

THE JOHNSTOWN ESTATE LEISURE CLUB

FITNESS CLASS TIMETABLE

02/01/2025

Timetable	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.15 AM	Spin (30 min)			Spin (30 min)		
8 AM	Gym Education (45min)					
8.15 AM					Aqua (45min)	
9.00 AM						Bootcamp (45 min)
9.30 AM	Body Pump (45 min)	Bootcamp (45min)	Kettlebell/TRX (45 min)	BLT (45 min)	Spin (45min)	
		*Pilates		*Pilates		
10.30 AM	Aqua (45 min)	*Pilates	Aqua(45min)		*Yoga	
2.00 PM						Gym Education (45min)
6.30 PM	Body Pump (45 min)	BLT (45 min)	Kettlebell/TRX (45 min)	Spin (45 min)	Fit Ball (45 min)	
7.30 PM	Aqua (45 min)	Spin (45 min)	Body Pump (45 min)	Aqua (45 min)		
	*Yoga for men			*Yoga		

- 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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