

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)		
8.00 AM	Gym Education (45 min)					
8.15 AM					Aqua (45 min)	
9.00 AM						Bootcamp (45 min)
9.30 AM	Body Pump (45 min)	Bootcamp (45 min)	Kettlebell/TRX (45 min)	BLT (45 min)	Spin (45 min)	
		*Pilates		*Pilates		
10.30 AM	Aqua (45 min)	*Pilates	Aqua (45 min)		*Yoga	
2.00 PM						Gym Education (45 min)
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)		
8.30 PM	*Yoga for men	*Yoga		7.15 PM		
				*Yoga		

- 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.

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