

THE JOHNSTOWN ESTATE LEISURE CLUB

FITNESS CLASS TIMETABLE

02/06/2025

Timetable	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.15 AM							
8.00 AM	Gym Education (45min)						
8.15 AM							
9.00 AM	Aqua (45 min)		Aqua (45min)		Aqua(45min)		Hyrox Training (60 mins)
9.30 AM		Bootcamp (45min)		BLT (45 min)			
		*Pilates		*Pilates			
10.30 AM	Body Pump (45min)	*Pilates	Hyrox Indoor Training (45 min)		Gym Circuits (45min)	Bootcamp (45 mins)	
					*Yoga		
1.30PM		Spin (30 mins)		Spin (30 mins)			
2.00 PM						Gym Education (45mins)	
6.30 PM	Body Pump (45 min)	Spin (45 min)	Kettlebell/TRX (45 min)	Spin (45 min)	Spin (45 min)		
7.15pm				*Yoga			
7.30 PM	Aqua (45 min)	Hyrox Training (60 mins)	Body Pump (45 min)	Aqua (45 min)	Fitball (45 mins)		
8.30 PM	*Yoga for men	*Yoga		*Yoga			

- * = paid course.
- Pilates contact Marie – 0872121045.
- Yoga contact Ashling – 087 959 6482.
- Yoga for men Catriona – 087 750 7947.

- Water bottles and sweat towels are mandatory.
- 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.