


Leisure Club Class Schedule *January 2026*



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00 am	Hyrox			Hyrox			
8.00 am	Gym Education	Spin 30 min		Spin 30 min			
8.15 am					Aqua		
9.30 am	Strength&Tone	Bootcamp	Spin&Strength 50/50	BLT	HIIT		
10.30 am	Aqua		Aqua			Power Hour 60 min	
11.00 am							Cold Recovery & Reset
1.15 pm		Spin 30 min		HIIT 30 min			
2.00 pm						Gym Education	
6.30 pm	Spin&Strength 50/50	Body Pump	Wheels of Sreel	Circuits			
7.15 pm					Spin&Strength 50/50 60 min		
7.30 pm	Aqua	Spin & ABS	Boxercise	Aqua			

*= Paid course

- Pilates contact Marie – 087 212 1045
- Yoga contact Ashling – 087 959 6482
- Yoga for Men contact 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 minutes prior to start excluding gym education.
- All classes must be booked in advance

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Leisure Club – Class Timetable & Descriptions

Gym Education

A hands-on walkthrough of the gym floor. Learn how to set up each machine correctly, adjust it to your body, and understand exactly which muscles it targets. Simple, practical, and perfect for anyone who wants to feel confident using equipment safely and effectively.

Aqua

A low-impact, full-body workout in the pool designed to boost strength, mobility, and cardiovascular fitness. The water supports the joints while adding resistance, making it ideal for all ages and fitness levels.

Strength & Tone

Focus on resistance training with controlled, purposeful movements. This class shapes lean muscle while improving stability and functional strength.

Gym Education

Body Pump

A high-energy, music-driven barbell class that hits every major muscle group. Expect high-rep strength endurance, controlled tempo work, and a serious calorie burn. Perfect for anyone wanting tone, strength, and sweat in one session.

Spin

A high-intensity indoor cycling class that blends climbs, sprints, and endurance tracks. Great music, great energy, and guaranteed leg burn. Suitable for all levels — you control your resistance.

Wheels of Steel (Lower Body – Heavy Legs)

A strength-focused lower-body blast targeting quads, hamstrings, and glutes. Heavy, slow, controlled, and absolutely guaranteed to set your legs on fire (in the good way). Perfect for building power and definition.

BLT (Bums, Legs & Tums)

A focused lower-body and core workout designed to sculpt your legs, tone your glutes, and strengthen your midsection. Expect controlled movements, steady pacing, and simple equipment for a solid, feel-good burn.

Boxercise

A fun, fast-paced boxing-inspired workout to boost cardio fitness, strength and coordination.

HIIT

A fast, fiery high-intensity interval session using bodyweight and light equipment. Short work periods, big effort, and quick recovery bursts. Designed to boost cardiovascular fitness and torch calories.

Spin & Strength 50/50

Half spin, half bodyweight conditioning. The first half of the class is on the bike for cardio and endurance—then off the bike for strength circuits focused on the upper body and core. A perfect full-body combo.

Power Hour

A full 60-minute strength and cardio workout designed to build total-body power. Expect compound lifts, functional circuits, and a strong conditioning finisher. Challenging, energising, and incredibly satisfying.

Cold Recovery & Reset

An outdoor, instructor-led session combining timed cold plunges with gentle movement to boost circulation, enhance recovery, and naturally warm the body. A refreshing reset that builds resilience and leaves you feeling energised.