

The Club

AT FITZPATRICK'S

Class Timetable Feb 6th - May 31st 2024

Monday

7.15	20/20	45 min
9.15	Pump	45 min
10.15	AMRAP	45 min
11.00	Pilates (€)	60 min
12.00	Aqua Fit	40 min
18.30	Pump	45 min
20.00	Aqua Fit	40 min
20.00	Yoga (€) Improvers	75 min

Wednesday

7.15	Full body Crusher	45 min
9.15	Boot Camp	45 min
10.00	Stretch	30 min
11.00	Yoga (€)	60 min
18.30	Total Body Strength	45 min
19.15	Pilates (€)	60 min

Friday

7.15	AMRAP	45 min
8.15	Yoga (€)	60 min
9.30	Yoga (€) Beginners	60 min
10.30	Erg Fit	45 min

Tuesday

7.15	Spin	40 min
8.00	Yoga (€)	60 min
9.15	Yoga (€)	60 min
10.25	Boot camp	45 min
18.30	Pump	45 min
19.15	Spin + Abs	45 min

Thursday

7.15	20/20	40 min
8.00	Yoga (€)	60 min
9.15	Yoga (€)	60 min
10.30	AMRAP	45 min
12.00	Aqua Fit	40 min
18.15	Spin + Abs	45 min
19.15	Yoga (€) Beginners	60 min

Saturday

9.30	Pump	45 min
10.15	Spin	45 min

Sunday

10.00	Erg Fit	45 min
11.00	Stretch + Core	45 min

Yoga (€) has a €3 supplement to be paid before the class (subject to change)

Pilates (€) €5 supplement to be paid before class (subject to change)

Booking for classes can only be done 24hrs in advance. Bank Holidays subject to change.