



# CLASS TIMETABLE

## MONDAY

**06:30** SPIN LAUREN **45MIN**  
**07:00** SUNRISE YOGA STEPH **60MIN**  
**08:30** YOGA BEX **60MIN**  
**09:00** SPIN TEGAN **45MIN**  
**09:30** RIGGED LAUREN **30MIN**  
**10:30** LBT TEGAN **45MIN**  
**10:30** YOGA(INTER) STEPH **60MIN**  
**12:45** HOT STRETCH LAUREN **45MIN**  
**14:30** CORE WORK RHEA **30MIN**  
**16:00** LIT-CIRCUITS LA STEVE **30MIN**  
**17:30** SPIN LA STEVE **45MIN**  
**17:30** BODY PUMP RHEA **55MIN**  
**18:30** SPIN LA STEVE **45MIN**  
**19:30** HOT STRETCH RHEA **45MIN**  
**19:30** SPIN LA STEVE **45MIN**  
**20:00** YOGA NIDRA RUTH **60MIN**  
 (ONLINE)

## TUESDAY

**07:00** SMASH HIIT KELLY **30MIN**  
**08:00** PILATES (BEG) REBA **60MIN**  
**08:45** BODYWORK LAUREN **45MIN**  
**09:30** BODY PUMP KELLY **55MIN**  
**10:30** SPIN LAUREN **45MIN**  
**10:45** PLATE-LIT STEVEO **30MIN**  
**11:30** GIG CLUB LAUREN **30MIN**  
**11:45** AQUA BLAST STEVEO **30MIN**  
**12:30** BODY BALANCE KELLY **55MIN**  
**15:00** CORE WORK LA STEVE **30MIN**  
**17:15** SPIN LA STEVE **45MIN**  
**18:00** BODY COMBAT BEX **55MIN**  
**18:30** SPIN LA STEVE **45MIN**  
**19:00** GIG CLUB TEGAN **30MIN**  
**19:30** YOGA FLOW BEX **45MIN**  
**19:30** EXPRESS SPIN LA STEVE **30MIN**

## WEDNESDAY

**06:45** SPIN TEGAN **45MIN**  
**08:15** HOT STRETCH LAUREN **45MIN**  
**09:30** HIIT CLUB TEGAN **30MIN**  
**09:30** PILATES (INTER) REBA **60MIN**  
**10:15** SPIN STEVEO **45MIN**  
**10:30** GIG STRENGTH LAUREN **30MIN**  
**11:30** BODY BALANCE BEX **60MIN**  
**11:45** AQUA BLAST TEGAN **30MIN**  
**15:00** KETTLEBELLS LUKE **45MIN**  
**17:15** SPIN RHEA **45MIN**  
**17:45** BODY COMBAT LUKE **45MIN**  
**18:45** GIG CLUB EMMA **30MIN**  
**19:00** SPIN RHEA **45MIN**  
**19:00** BODY PUMP LUKE **45MIN**  
**20:30** YOGA RESTORATIVE LILA **60MIN**

## THURSDAY

**06:15** EXPRESS SPIN TEGAN **30MIN**  
**08:00** HOT STRETCH BEX **45MIN**  
**08:15** SPIN LA STEVE **45MIN**  
**08:30** BEACHXTREME TEGAN **45MIN**  
**09:15** BODY PUMP BEX **55MIN**  
**10:15** SPIN LA STEVE **45MIN**  
**10:30** BODY BALANCE BEX **55MIN**  
**11:30** RIGGED LA STEVE **30MIN**  
**12:00** YOGATHERAPEUTIC RUTH **60MIN**  
**12:00** EXPRESS SPIN STEVEO **30MIN**  
**13:00** GIG CLUB TEGAN **30MIN**  
**16:00** PILATES(BEG) KELLY **60MIN**  
**17:15** HIIT CLUB LAUREN **45MIN**  
**18:30** SPIN LAUREN **45MIN**  
**19:00** BODY PUMP KELLY **55MIN**  
**19:30** GIG CLUB LAUREN **30MIN**  
**20:30** BODY BALANCE KELLY **55MIN**

## FRIDAY

**06:30** SPIN RHEA **45MIN**  
**07:00** SUNRISE YOGA RUTH **60MIN**  
**08:15** SMASH HIIT KELLY **30MIN**  
**08:45** AQUA BLAST RHEA **30MIN**  
**09:15** BODY COMBAT KELLY **45MIN**  
**09:15** EXPRESS SPIN CRAIG **30MIN**  
**10:15** BODY BALANCE KELLY **45MIN**  
**10:15** SPIN CRAIG **45MIN**  
**11:15** BODY PUMP RHEA **45MIN**  
**12:30** PILATES(INTER) KELLY **60MIN**  
**17:00** SPIN TEGAN **45MIN**  
**17:00** BODY COMBAT KAT **55MIN**  
**18:30** GLUTE STRENGTH TEGAN **30MIN**  
**19:15** HOT STRETCH TEGAN **45MIN**  
**19:15** PILATES: RESTORE JO **90MIN**  
 (FIRST FRIDAY OF EVERY MONTH, WILL REPLACE HOT STRETCH)

## SATURDAY

**07:00** SLIDE SEAT ROWING EMMA **45MIN**  
**08:00** BODY PUMP RHEA **45MIN**  
**08:15** SPIN LA STEVE **45MIN**  
**09:00** BODY PUMP RHEA **45MIN**  
**09:30** SPIN LA STEVE **45MIN**  
**10:15** AB BLAST RHEA **25MIN**  
**10:45** SPIN LA STEVE **45MIN**  
**11:00** PILATES JO **60MIN**

## SUNDAY

**09:00** PILATES(GENERAL) LUKE **60MIN**  
**09:30** SPIN CRAIG **45MIN**  
**10:30** BODY PUMP LUKE **55MIN**  
**10:30** SPIN CRAIG **45MIN**  
**12:00** CORE WORK LUKE **60MIN**  
**15:00** STRENGTH CLUB LA STEVE **45MIN**  
**16:30** YOGA NIDRA RUTH **60MIN**  
 (SECOND SUNDAY OF EVERY MONTH)  
**18:00** SPIN LA STEVE **45MIN**  
**19:15** SPIN LA STEVE **45MIN**

# CLASS DESCRIPTIONS

## MAIN STUDIO



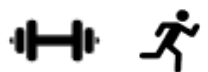
### LES MILLS BODY PUMP

THE ORIGINAL BARBELL WORKOUT. USING A RANGE OF WEIGHTS WITH LOTS OF REPS, BODY PUMP GIVES YOU A TOTAL BODY WORKOUT THAT BURNS LOTS OF CALORIES



### LIT-CIRCUITS

LOW INTENSITY CIRCUITS, PERFECT FOR THOSE WHO WANT TO WORK AT A SLOWER PACE



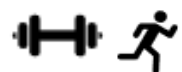
### SMASH HIIT

30 MINS WHERE FITNESS, STRENGTH AND POWER TRAINING COMBINE FOR A FULL BODY BLAST!



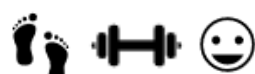
### AB BLAST

SHORT ON TIME? NO DRAMAS. 25 MINUTES IS ALL WE NEED TO ANNIHILATE THOSE ABS.



### CORE WORK

30 MINS OF PURE CORE CONDITIONING



### PILATES

FOCUS ON POSTURE & FLEXIBILITY. IT IS SUITABLE FOR ALL AGES & FITNESS LEVELS



### LES MILLS BODY BALANCE

INSPIRED BY YOGA & PILATES, BODY BALANCE USES A RANGE OF MOVEMENTS SET TO MUSIC THAT WILL IMPROVE YOUR MIND & BODY



### STRETCH

45 MINUTE FULL BODY STRETCH, FOCUSING ON LONG HOLDS TO RELEASE TENSION AND REJUUVINATE THE BODY



### LES MILLS BODY COMBAT

THE ORIGINAL MIXED MARTIAL ARTS WORKOUT. THIS HIGH TEMPO SESSION GIVES A FULL BODY WORKOUT- SERIOUS FUN, SERIOUS CALORIE BURN!



### PLATE-LIT

LOW-INTENSITY STRENGTH BASED TRAINING, USING BODY-WEIGHT AND PLATES TO HELP STRENGTHEN AND TONE THE WHOLE BODY

## MUSCLE BEACH



### GLUTE STRENGTH

THIS IS ALL ABOUT GROWING THAT PEACH! A SWEET MIX OF BODY WEIGHT AND RESISTANCE WORK FOR A BIGGER, BETTER, STRONGER BEHIND



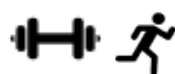
### LEGS BUMS TUMS(LBT)

FOCUSING ON THE LOWER BODY ALONG WITH THOSE ALL IMPORTANT CORE MUSCLES!



### KETTLEBELL

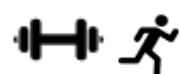
A VERSATILE PIECE OF KIT. THE KETTLEBELL WILL GIVE YOU STRENGTH AND IMPROVE CARDIO.



### BODYWORK

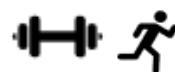
SPLIT INTO TWO PARTS. HIGH INTENSITY FITNESS FOLLOWED BY STRENGTH AND CONDITIONING WORK TO BULLETPROOF THE BODY

## GYM FLOOR



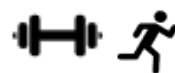
### RIGGED

CONSTANTLY VARIED, HIGH INTENSITY FUNCTIONAL FITNESS



### HIIT CLUB

30 MINUTES OF HIGH INTENSITY INTERVALS. LUNGS AND MORE LUNGS!



### STRENGTH CLUB

30 MINUTES AIMED AT BUILDING OVERALL FUNCTIONAL STRENGTH

## ONLINE CLASS



### YOGA NIDRA

BOOK ON FITSENSE AS NORMAL AND RUTH WILL SEND YOU A LINK TO HER ONLINE CLASS. PARTICIPANTS MUST HAVE ZOOM WHICH CAN BE EASILY DOWNLOADED.

## SPIN STUDIO



### SPIN

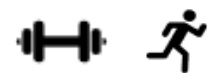
FULL CYCLE WORKOUTS AIMED FOR THOSE LOOKING TO BURN CALORIES & GET A GREAT HIGH-TEMPO WORKOUT



### EXPRESS SPIN

IN A RUSH BUT STILL WANT THAT SPIN FIX? THIS ONES FOR YOU!

## GIG STUDIO



### GIG CLUB

30 MINUTES OF ROWING INTERVALS, WITH SOME STRENGTH WORK THROWN IN FOR GOOD MEASURE!

## GYLLY BEACH



### BEACHXTREME

COME RAIN OR SHINE, THIS BOOTCAMP-STYLE CLASS IS SURE TO GET THAT FIRE BURNING IN THE LUNGS!



### SLIDE SEAT COASTAL ROWING

A truly unique one 2 one session to try out the sport of slide seat rowing. After a quick run through on dry land our external instructor and Captain at Carrick Rowing Club will take you on to the sea at Gylly in a purpose built sculling boat so that you can learn the sport. For absolute beginners, but open to those that know the sport too and want to explore the bay.

## A FEW REMINDERS

IF YOUR CLASS IS INDOORS PLEASE ARRIVE AT THE CLUB READY TO WORKOUT

BRING YOUR OWN WATER

BRING YOUR OWN MAT

PLEASE ADHERE TO SOCIAL DISTANCING AT ALL TIMES

HAVE FUN

# YOUR KEY TO FITNESS



### CARDIO BASED

FOR BURNING FAT, IMPROVING CARDIOVASCULAR HEALTH & ALL ROUND FITNESS



### RESISTANCE/TONE

IDEAL IF YOUR GOALS ARE FOCUSED AROUND CREATING A LEANER PHYSIQUE



### FUN LOVING

THESE CLASSES ARE BASED ON ENJOYMENT & MAKING NEW FITNESS FRIENDS



### MIND, BODY, SOUL

THESE CLASSES WILL HELP RELAX, DE-STRESS & UNWIND