


CLASS TIMETABLE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---------------------------------|--------------------------------------|------------------------------------|--|--------|
| Kettlebell & Barbell Blast 9:30 – 10:00 | Boxercise 9:30 – 10:15 | H.I.I.T Circuit 9:30 – 10:00 | Spin Class 9:30 – 10:15 | H.I.I.T Circuit 9:30 – 10:00 | Stretch/Flex & Core 9:15 – 10:00 | |
| Aqua Action 10:15 – 11:00 | Stretch/Flex & Core 10:30 – 11:00 | Aqua Action 10:15 – 11:00 | Stretch/Flex & Core 10:30 – 11:00 | Aqua Action 10:15 – 11:00 | Spin Express 10:15 – 10:45 | |
| | | | | | | |
| | Spin Express 6:45 – 7:15 | Spin Class 7:15 – 8:00 | B.L.T 7:00-7:30 | | | |
| Aerobics 7:15- 7:45 | Kettlebell & Barbell Blast 7:30-8:15 | Boxercise 8:15 – 9:00 | Spin express 7:45 - 8:15 | Spin Express 7:00 – 7:30 |  | |
| Spin Express 8:00 – 8:30 | Aqua Action Express 8:30– 9:00 | Core Crusher 9:00-9:15 | Aqua Action Express 8:30– 9:00 | Stretch/Flex & Core 7:30 – 8:00 | | |
| <u>OPENING TIMES</u> | | | | | | |

Monday – Thursday 6:30 – 10:00 **Friday** 6:30 – 9:00

Saturday & Sunday 8:00 – 7:00

Bank Holidays 9:00 – 7:00

Please note that we ask all members and guests to vacate aym/pool area 30mins before closing time

Book classes online at: <http://www.royalhotel.ie/fitness-classes>