


CLASS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kettlebell & Barbell Blast 9:30 – 10:00	Boxercise 9:30 – 10:15	HIIT Circuit 9:30 – 10:00	Spin Class 9:30 – 10:15	HIIT 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 6:30 – 7:00	Spin Express 6:30 – 7:00	Spin Class 6:30 – 7:15	HIIT Circuit 6:30 – 7:00			
Aerobics 7:15- 7:45	Kettlebell & Barbell Blast 7:15 – 8:00	Aqua Action Express 7:30 – 8:15	Spin Class 7:15 – 8:00	Spin Express 7:00 – 7:30		
Aqua Action Express 8:00 – 8:30	Stretch/Flex & Core 8:15 – 8:45	Boxercise 8:15 – 9:00	Stretch/Flex & Core 8:00 - 8:30	Stretch/Flex & Core 7:30 – 8:00		

OPENING TIMES

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

Saturday & Sunday 8:00 – 7:00

Bank Holidays 9:00 – 7:00

Indicates extra class charge

Call us to book your classes on (01) 2761206 or email us at merrill@royalhotel.ie