

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:15						OUTDOOR CIRCUITS Gary 45mins 3G Pitches	
09:30	ZUMBA Colette 45mins Sports Hall	CIRCUITS Naomi 45mins Sports Hall PARENT FIT CIRCUITS Sinead 45mins Sports Hall		PARENT FIT CIRCUITS Sinead 45mins Sports Hall	LIVE LONG Naomi 120mins Sports Hall		
10:00	STRENGTH & CONDITIONING Agnes 60mins Fitness Studio			YOGA Jonathan 60mins Studio 1 & 2			
10:30						INDOOR CYCLE Gary 45mins Group Cycle Studio	
11:00			PILATES Jonathan 60mins Studio 1 & 2	WALKING NETBALL Laura 60mins Sports Hall			
11:30		PILATES Joann 60mins Studio 1 & 2					

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00							KETTLEBELLS Amy 45mins Studio 1 & 2
16:30		TEEN STRENGTH (12-15) Mo 45mins Fitness Studio					
17:00			STRENGTH & CONDITIONING Agnes 60mins Fitness Studio				
17:15	INDOOR CYCLE Gary 45mins Group Cycle Studio						
17:30					CIRCUITS Tiernan 45mins Sports Hall		
17:45				PILATES Joann 60mins Studio 1 & 2			
18:00	PILATES Jonathan 60mins Studio 1 & 2	BOXFIT Tiernan 45mins Sports Hall	INDOOR CYCLE Tiernan 45mins Group Cycle Studio STRENGTH & CONDITIONING Agnes 60mins Fitness Studio				

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
18:15	CIRCUITS Gary 45mins Sports Hall			BOXFIT Sinead 45mins Fitness Studio	INDOOR CYCLE Tiernan 45mins Group Cycle Studio		
19:00		PUMP Jonathan 45mins Fitness Studio	KETTLEBELLS Amy 45mins Sports Hall				
20:00		YOGA Niamh 60mins Studio 1 & 2					

MORE Cardio

Cardio classes include a variety of movements and exercises to get the heart rate pumping. Cardio classes can vary greatly, but at the core, it includes movements that increase your heart rate.

MORE Strength

If your goal is to get stronger and more sculpted then these classes are for you. The sessions are designed to get you fitter, stronger and leaner using a combination of equipment and your own bodyweight.

MORE Mind & Body

A form of exercise that combines body movement, mental focus and controlled breathing to improve strength, balance, flexibility and overall health.