

MONDAY

7:30am	Spin	30 minutes	All	Free
10.30am	Aqua	30 minutes	All	Free
12:30pm	Spin	30 minutes	All	Free
6:00pm	HIIT	30 minutes	All	Free

TUESDAY

11:00am	Stretch & Flex	30 minutes	All	Free
6:00pm	Stretch & Flex	30 minutes	All	Free
8:00pm	Spin	30 minutes	All	Free

WEDNESDAY

7:30am	Spin	30 minutes	All	Free
1:00pm	Spin	30 minutes	All	Free
6:30pm	Spin	30 minutes	All	Free

THURSDAY

6:30am	Spin	30 minutes	All	Free
11:00am	Stretch & Flex	30 minutes	All	Free
6:00pm	HIIT	30 minutes	All	Free
8.00pm	Spin	30 minutes	All	Free

FRIDAY

1.00pm	Spin	30 minutes	All	Free
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SATURDAY

1.00pm	Spin	30 minutes	All	Free
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SUNDAY

11.00am	HIIT	30 minutes	All	Free
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Classes available from 7/2/22 and are for members only.
 Bookings can be ONLY made over the phone 3 days in advance of a class.
 For more information please call 021 4800 523 or email thehealthclub@thekingsley.ie