

THE HEALTH CLUB

AT THE KINGSLEY

FITNESS CLASS TIMETABLE

Autumn Timetable 2018

MONDAY

TIME	CLASS TYPE	DURATION	FITNESS LEVEL	PRICE
11.15am	Aqua Aerobics	30 Minutes	All	Free
1.10pm	Lunch Time Spin	30 Minutes	All	Free
6.00pm	H.I.I.T	30 Minutes	All	Free
7.15pm	Evening Spin	45 Minutes	All	Free

TUESDAY

TIME	CLASS TYPE	DURATION	FITNESS LEVEL	PRICE
7.00am	Morning Spin	30 Minutes	All	Free
10.30am	Pilates	30 Minutes	All	Free
1.10pm	Lunch Time Spin	30 Minutes	All	Free
6.00pm	Pilates	30 Minutes	All	Free
6.45pm	Spinning	30 Minutes	All	Free
7.30pm	Boxing Fitness	30 Minutes	All	Free

WEDNESDAY

TIME	CLASS TYPE	DURATION	FITNESS LEVEL	PRICE
7.00am	Morning Spin	30 Minutes	All	Free
11.15am	Aqua Aerobics	30 Minutes	All	Free
1.10pm	Lunch Time Spin	30 Minutes	All	Free
7.15pm	Evening Spin	45 Minutes	All	Free

THURSDAY

TIME	CLASS TYPE	DURATION	FITNESS LEVEL	PRICE
7.00am	Morning Spin	30 Minutes	All	Free
11.15am	Flex and Stretch	45 Minutes	All	Free
1.10pm	Lunch Time Spin	30 Minutes	All	Free
7.15pm	Boxing Fitness	45 Minutes	All	Free

FRIDAY

TIME	CLASS TYPE	DURATION	FITNESS LEVEL	PRICE
1.10pm	Lunch Time Spin	30 Minutes	All	Free
6.00pm	Evening Spin	30 Minutes	All	Free
6.45pm	Total Body Blast	30 Minutes	All	Free

SATURDAY

TIME	CLASS TYPE	DURATION	FITNESS LEVEL	PRICE
11.30am	Pilates	30 Minutes	All	Free

We recommend you book any class 24 hours in advance to ensure your place in the class.

All cancellations require 24 hours, by phone (021) 4800 500 or email thehealthclub@the.kingsleyie

ALL CLASSES are FREE for CURRENT HEALTH CLUB MEMBERS.

NON-MEMBERS class fee €8 for 45 minute classes, €5 for 30 minute classes