

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00pm							
12:30pm	Yoga / Vinyasa 30 mins	Yoga / Hatha 30 mins	Yoga / Vinyasa 30 mins	Shelbourne Spin 30 mins			
1:00pm	Cardio Attack 45 mins	Shelbourne Spin 45 mins	Yoga / Ashtanga 45 mins	Yoga / Ashtanga 45 mins			
4:00pm							
5:30pm	Yoga / Pilates 60 mins	Yoga / Vinyasa 30 mins	Shelbourne Spin 45 mins	Yoga / Hatha 30 mins			
6:00pm							
7:00pm							

- Please arrive 5 minutes before the class starting time.
- Please bring a towel and water with you.
- All classes are free with your membership
- Hotel Guests can avail of these classes at €10 per class.

Classes are to be pre booked at this time.

To ensure availability, you may schedule for your preferred class by calling +353 1 6634686 or by emailing thespa@theshelbourne.com

