

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00am	Strength: Legs 30 mins	Strength: Upper Body 30 mins	Strength: Legs 30 mins	Strength: Upper Body 30 mins			
09:00am	Full Body S/C 30 mins	HIIT/ Bootcamp 30 mins	Full Body S/C 30 mins	HIIT/ Bootcamp 30 mins			
11:00am	BoxFit 30 mins	Core& Abs 30 mins	BoxFit 30 mins	Core & Abs 30 mins			
1:00pm	HIIT/ Bootcamp 30 mins	Full Body S/C 30 mins	HIIT/ Bootcamp 30 mins	Full Body S/C 30 mins			

- 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

