

THE HEALTH CLUB

AT THE SHELBOURNE

TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30	Hatha Yoga 1 hour		HIIT 30 min	Shelbourne Spin 1 hour	Shelbourne Kick 30 min	
12:00	Abs Attack 30 min	Circuit 30 min			Body Weight Circuit 30 min	Hatha Yoga 1 hour
13:30		Body Pump 30 min	Thumb Boxing 30 min		Hatha Yoga 1 hour	
17:30	Shelbourne Bells 30 min	LBT 30 min	Shelbourne Strength 30 min	Thumb Boxing 30 min		
18:30			400 Rep Challenge 30 min	Hatha Yoga 1 hour	Hatha Yoga 1 hour	

CLASSES

Body Pump

A full body workout involving big muscle groups, such as chest, back, shoulders and legs.

Abs Attack

A 30 minute focus on your abdominal and core area.

Shelbourne Kick

A cardio class involving shadow boxing, ducking and combos.

LBT

A lower body workout focusing on quads, hamstrings and glutes.

HIIT

A high intensity interval class with the aim being to burn the most amount of calories in a short amount of time.

Thumb Boxing

A fast-paced cardiovascular workout using boxing pads and bodyweight exercises, work with a partner to perform punches, kicks, ducks and combination moves.

Full Body Circuit

Different exercises at each station using different equipment.

Shelbourne Strength

A strength class with a variety of heavy weighted exercises.

400 Rep Challenge

A full body, high-intensity, muscle-building workout for greater strength, endurance, and cardio health.

Body Weight Circuit

Exercise stations using body weight exercises.

Shelbourne Spin

Increase your endurance, stamina and cardiovascular system with a spin class in our studio.

Shelbourne Bells

A class involving exercises with body weight and kettlebells.

Hatha Yoga

This practice involves breath, body, and mind. This class focuses on posture and breathing techniques.

