

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am	Circuit	Circuit		Circuit		
7:00am	Flexibility & Resistance	Strength & Toning	Cycling	Flexibility & Resistance	Cycling	
11:00am	Abs Attack	Circuit		Circuit	Thump Boxing	
12:00pm	400 Rep Challenge	400 Rep Challenge		400 Rep Challenge		Yoga
1:30pm	HIIT	Spin & Bells	Cycling & Bells	Yoga	Yoga	
5:30pm			Strength & Toning		Strength & Toning	
6:00pm	HIIT	Thump Boxing		Kettlebells	HIIT	
6:30pm	Spin & Bells	Circuit		Yoga	Yoga	

- 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 ay €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 1 663 4686 or by emailing [thespa@theshelbourne.com](mailto:thespa@theshelbourne.com)*

