

THE HEALTH CLUB

AT THE SHELBOURNE

TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30	Hatha Yoga 1 hour		HIIT 30 min	Hatha Yoga 1 hour	Full Body Circuit 30 min	
12:00	Body Pump 30 min	Shelbourne Spin 30 min	Shelbourne Spin 30 min		HIIT 30 min	Hatha Yoga 1 hour
12:30	Abs Attack 30 min			Full Body Circuit 30 min		
13:30		Thumb Boxing 30 min			Hatha Yoga 1 hour	
17:30	Shelbourne Bells 30 min	LBT 30 min	Shelbourne Bells 30 min	Thumb Boxing 30 min		
18:30			Full Body Circuit 30 min			
18:45				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.

LBT

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

Full Body Circuit

Different exercises at each station using different equipment.

Abs Attack

A 30 minute focus on your abdominal and core area.

HIIT

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

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.

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.

Hatha Yoga

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



To ensure availability you may schedule for your preferred class by calling +353 1 663 4686 or email ak.dubdt.hc@autographhotels.com

est.1824

theshelbourne.com