

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:30am	Strenght: Core & Legs 30 mins	Strenght: Upper Body 30 mins	Stretch & Mobility 30 mins	HIIT 30 mins			
12:30pm	Vinyasa Flow 30 mins	Hatha Yoga 30 mins	Yoga / Pilates 30 mins	Vinyasa Flow 30 mins			
1:10pm	Ashtanga Yoga 45 mins	Circuit & Abs 30 mins	Ashtanga Yoga 45 mins	Circuit & Abs 30 mins			
4:30pm	Hatha Yoga 30 mins	Vinyasa Flow 30 mins	Yoga / Pilates 30 mins	Ashtanga Yoga 45 mins			
5:30pm	Spin / HIIT 30 mins	Circuit & Abs 30 mins	Hatha Yoga 30 mins	Flow & Abs 30 mins			
6:00pm	Yoga/Pilates 30 mins	Ashtanga Yoga 45 mins	Vinyasa Flow 30 mins	Yoga/Pilates 30 mins			
7:00pm	Total Abs 30 mins	Hatha Yoga & Meditation	Circuit & Abs 30 mins	Ashtanga Yoga 45 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 1 663 4686 or by emailing thespa@theshelbourne.com

