

THE HEALTH CLUB

AT THE SHELBOURNE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30	Hatha Yoga – 1 Hour – Beginner		HIIT – 30 min – Advanced	Hatha Yoga – 1 Hour – Beginner	HIIT – 30 min – Advanced	
11:00	Ab Attack – 30 min – Intermediate	Circuit – 30 min – Intermediate		400 Rep Challenge – 30 min – Advanced	Thump Boxing – 30 min – Intermediate	
12:00						Hatha Yoga – 1 Hour – Beginner
13:30			Spin & Bells – 30 min – Intermediate		Hatha Yoga – 1 Hour – Beginner	
17:30	HIIT – 30 min – Advanced	HIIT – 30 min – Advanced		Thump Boxing – 30 min – Intermediate		
18:30				Hatha Yoga – 1 Hour – Beginner	Hatha Yoga – 1 Hour – Beginner	

Circuit

Full body workout involving endurance and resistance training and high-intensity cardio, performed in a circuit.

HIIT

High-intensity circuit training that accumulates heart-rate every 30 seconds.

Total Abs

A core workout designed to focus on your upper and outer ab layers.

Spin & Bells

A mix of strength and endurance, increase your stamina and cardiovascular system with the cycling portion of the class, then get ready to build muscle with the kettlebells piece.

Thump Boxing

A fast-paced cardiovascular workout using boxing pads and bodyweight exercises.

400 Rep Challenge

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

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