

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am	Running Club 20 mins	Pump & Sculpt 30 mins	Running Club 20 mins	Pump & Sculpt 30 mins	H.I.I.T 30 mins		
7:30am	Fit Fusion 45 mins	Shelbourne Spin 45 mins	Circuits 45 mins	Bells & Bars 45 mins	Box Fit 45 mins		
9:30am						Aqua Blitz 30 mins	
10:30am	Circuits 30 mins		Rehab & Mobility 30 mins	H.I.I.T 30 mins			
11:00am						Circuits 45 mins	Kettlebells 30 mins
12:00pm							Shelbourne Spin 45 mins
12:30pm	Bells & Bars 30 mins	Shelbourne Spin 30 mins	H.I.I.T 30 mins	Fit Fusion 30 mins	Shelbourne Spin 30 mins		
1:00pm	H.I.I.T 30 mins	Core & Cardio 30 mins	Pump & Sculpt 30 mins	Pilates 30 mins			
4:00pm							
5:30pm	Pump & Sculpt 30 mins		Core & Cardio 30 mins		Rehab & Mobility 30 mins		
6:00pm	Shelbourne Spin 45 mins	Circuits 45 mins	Kettlebells 45 mins	Shelbourne Spin 45 mins	Circuits 30 mins		
7:00pm	Kettlebells 30 mins	H.I.I.T 30 mins	Pilates 45 mins	Fit Fusion 30 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.

