

Time	Class	Type	Length	Studio
MONDAY				
06:30	Les Mills Bodypump	PM S	45 mins	2
06:30	Les Mills RPM	PM S	45 mins	1
09:30	AquaFit	M	45 mins	Pool
09:30	Les Mills Bodypump	M	45 mins	2
10:10	Les Mills RPM	PM S	45 mins	1
11:05	Pilates (Beg)	M	45 mins	2
12:10	Arms & Abs	PM S	30 mins	2
13:10	Pilates (Beg)	M	45 mins	2
17:15	Les Mills Core	PM S	30 mins	2
18:15	Les Mills Bodypump	M	60 mins	2
18:30	UCD BoxFit	PM S	45 mins	3
19:30	Yoga (Int)	M	45 mins	3
19:35	Les Mills Sprint	PM S	30 mins	1

TUESDAY

06:30	Pilates (Int)	PM S	45 mins	2
07:05	Les Mills RPM	PM S	45 mins	1
07:15	TRX / HIIT Training	PM S	35 mins	Team Gym
09:15	Les Mills Core	PM S	30 mins	2
09:30	Les Mills Sprint	PM S	30 mins	1
10:10	Les Mills Bodypump	M	45 mins	2
11:10	Yoga (Int)	M	45 mins	2
13:10	Les Mills RPM Exp	PM S	30 mins	1
17:15	Pilates (Beg)	PM S	45 mins	2
18:15	Les Mills RPM	PM S	45 mins	1
18:30	Les Mills Core	PM S	30 mins	2
19:15	Les Mills Bodypump	PM S	45 mins	2
19:15	Pilates (Int)	M	45 mins	3
20:00	Hydroburn	M	45 mins	Pool
20:15	Yoga (Beg)	PM S	45 mins	2

WEDNESDAY

07:05	Les Mills GRIT Strength	PM S	30 mins	2
09:15	Les Mills Bodypump	M	45 mins	2
09:30	Pilates (Beg)	M	45 mins	3
09:30	AquaFit	M	45 mins	Pool
10:10	Les Mills Sprint	PM S	30 mins	1
11:10	Les Mills Bodypump	PM S	45 mins	2
12:10	Les Mills Bodybalance	PM S	45 mins	2
13:10	TRX / HIIT Training	PM S	35 mins	Team Gym
17:15	Les Mills Core	PM S	30 mins	2
18:15	Les Mills Bodypump	M	45 mins	2
18:30	Les Mills Sprint	PM S	30 mins	1
19:15	Pilates (Beg)	PM S	45 mins	2
20:15	Les Mills Bodypump	PM S	45 mins	2

Time	Class	Type	Length	Studio
THURSDAY				
06:30	Les Mills Sprint	PM S	30 mins	1
07:10	Les Mills Core	PM S	30 mins	2
09:15	UCD BoxFit	PM S	45 mins	3
09:30	Les Mills RPM	PM S	45 mins	1
09:30	Les Mills Bodypump	PM S	45 mins	2
11:10	Yoga (Beg)	M	45 mins	2
12:10	Les Mills RPM	PM S	45 mins	1
13:10	Pilates (Int)	PM S	45 mins	3
13:10	Les Mills Bodypump Express	M	30 mins	2
18:15	Pilates (Int)	PM S	45 mins	2
18:30	Les Mills RPM	PM S	45 mins	1
19:15	Les Mills Bodybalance	PM S	45 mins	3
19:15	Les Mills Bodypump	M	45 mins	2

FRIDAY

06:30	Les Mills Bodypump	PM S	45 mins	2
07:05	Les Mills RPM	PM S	45 mins	1
09:15	Les Mills Core	PM S	30 mins	2
10:00	AquaFit	M	45 mins	Pool
10:05	Les Mills Bodypump	M	45 mins	2
11:10	Pilates (Int)	PM S	45 mins	2
11:10	Les Mills Sprint	PM S	30 mins	1
12:10	Les Mills Bodybalance	PM S	45 mins	2
13:10	Les Mills Sprint	PM S	30 mins	1
13:10	Yoga (Beg)	M	45 mins	2
17:15	Les Mills RPM	PM S	45 mins	1
18:30	Les Mills Bodypump	PM S	45 mins	2
19:30	Pilates (Beg)	PM S	45 mins	2

SATURDAY

09:10	Pilates (Int)	M	45 mins	3
09:30	Les Mills Bodypump	M	60 mins	2
10:10	Les Mills SPRINT	PM S	30 mins	1
11:05	Yoga (Beg)	PM S	45 mins	2
12:10	Les Mills Bodypump	PM S	45 mins	2
13:10	Les Mills RPM	PM S	45 mins	1

SUNDAY

09:15	Les Mills Core	PM S	30 mins	2
10:05	Les Mills RPM	PM S	45 mins	1
10:10	Pilates (Beg)	PM S	45 mins	2
11:10	Les Mills Bodypump	M	45 mins	2
12:10	Les Mills Bodybalance	PM S	45 mins	2
13:10	Les Mills Bodypump	PM S	45 mins	2



Private Member
Class Access



Student Member
Class Access

Excludes classes
from 24th - 31st Dec
See Xmas schedule 2024