

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

TUESDAY

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

WEDNESDAY

07:05	Les Mills Grit Strength	🟡🔴	30 mins	2
09:15	Les Mills Bodypump	🟡🔴	45 mins	2
09:30	Pilates (Beg)	🟡	45 mins	3
09:30	AquaFit	🟡	45 mins	Pool
11:10	Les Mills SPRINT	🟡🔴	30 mins	1
12:10	Les Mills Bodybalance	🟡🔴	45 mins	2
13:10	TRX / HIIT	🟡🔴	35 mins	Team Gym
17:15	Les Mills Core	🟡🔴	30 mins	2
18:15	Les Mills Bodypump	🟡	45 mins	2
18:30	Les Mills RPM	🟡🔴	45 mins	1
19:05	Pilates (Beg)	🟡🔴	45 mins	3
20:10	Les Mills RPM Exp	🟡🔴	35 mins	1

Time	Class	Type	Length	Studio
THURSDAY				
06:30	Les Mills Sprint	🟡🔴	30 mins	1
07:10	Les Mills Core	🟡🔴	30 mins	2
09:15	UCD BoxFit	🟡🔴	45 mins	3
09:30	Yoga (Advanced)	🟡	60 mins	2
10:10	Les Mills RPM	🟡🔴	45 mins	1
11:05	Les Mills Bodypump	🟡	45 mins	2
12:10	Pilates (Beg)	🟡	45 mins	3
13:10	Les Mills Bodypump Express	🟡	30 mins	2
13:10	Pilates (Int)	🟡🔴	45 mins	3
18:45	Les Mills Sprint	🟡🔴	30 mins	1
19:05	Yoga (Beg)	🟡🔴	45 mins	3
19:15	Les Mills Bodypump	🟡	60 mins	2

FRIDAY

06:30	Les Mills Bodypump	🟡🔴	45 mins	2
07:05	Les Mills RPM	🟡🔴	45 mins	1
09:15	Les Mills Core	🟡	30 mins	2
10:10	Les Mills Bodypump	🟡	45 mins	2
11:10	Les Mills SPRINT	🟡🔴	45 mins	1
12:10	Les Mills Bodybalance	🟡🔴	45 mins	2
13:10	Yoga (Int)	🟡	45 mins	2
13:10	Les Mills SPRINT	🟡🔴	30 mins	1
17:15	Pilates (Beg)	🟡🔴	45 mins	3
18:15	Les Mills Bodypump	🟡🔴	45 mins	2
19:15	Les Mills RPM Exp	🟡🔴	35 mins	1

SATURDAY

09:15	Pilates (Int)	🟡	45 mins	3
09:30	Les Mills Bodypump	🟡	60 mins	2
10:10	Les Mills RPM	🟡🔴	45 mins	1
12:10	Yoga (Beg)	🟡	45 mins	2
13:15	Les Mills Bodypump	🟡🔴	45 mins	2
14:15	Pilates (Beg)	🟡🔴	45 mins	2

SUNDAY

09:15	Les Mills Core	🟡	30 mins	2
09:30	Les Mills Sprint	🟡🔴	30 mins	1
11:10	Les Mills Bodypump	🟡	45 mins	2
13:10	Les Mills RPM	🟡🔴	45 mins	1
13:15	Pilates (Beg)	🟡🔴	45 mins	2
16:10	Les Mills Bodypump	🟡🔴	45 mins	2

M

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Class Access

S

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