



CLASS TIMES

2nd September to 1st December 2024

All classes are subject to change

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

TUESDAY

06:30	Pilates (Int)	M S	45 mins	2
07:05	LM RPM	M S	45 mins	1
07:15	TRX / HIIT Training	M S	35 mins	Team Gym
09:15	Les Mills Core	M S	30 mins	2
10:05	Les Mills Bodypump	M	45 mins	2
11:05	Yoga (Int)	M	45 mins	2
12:10	Les Mills Bodybalance	M S	45 mins	2
13:10	Les Mills RPM EXP	M S	35 mins	1
13:10	TRX / HIIT Training	M S	35 mins	Team Gym
18:15	Les Mills RPM	M S	45 mins	1
18:30	Les Mills Core	M S	30 mins	2
19:15	Les Mills Bodypump	M	45 mins	2
19:15	Pilates (Int)	M	45 mins	3
20:00	Hydroburn	M S	45 mins	Pool
20:15	Les Mills Bodypump Exp	M	30 mins	2

WEDNESDAY

06:30	KB / HIIT Training	M	35 mins	3
09:30	Pilates (Beg)	M	45 mins	3
09:30	AquaFit	M	45 mins	Pool
10:10	Les Mills Sprint	M S	30 mins	1
11:05	Yoga (Beg)	M	45 mins	2
12:10	Les Mills Bodypump	M S	45 mins	2
13:10	Les Mills Bodypump Exp.	M	30 mins	2
18:15	Les Mills Bodypump	M	45 mins	2
18:30	Les Mills Sprint	M S	30 mins	1
19:05	Les Mills Bodybalance	M S	45 mins	3
19:15	Les Mills Bodypump	M	45 mins	2
20:10	Yoga (Beg)	M	45 mins	3

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

FRIDAY

06:30	Les Mills Bodypump	M S	45 mins	2
07:05	Les Mills RPM	M S	45 mins	1
09:15	Les Mills Core	M S	30 mins	2
10:00	AquaFit	M	45 mins	Pool
10:05	Les Mills Bodypump	M	45 mins	2
11:05	Les Mills Bodypump	M	45 mins	2
11:10	Les Mills SPRINT	M S	30 mins	1
13:10	Les Mills SPRINT	M S	30 mins	2
13:10	Yoga (Beg)	M	45 mins	2
18:15	LM Bodypump	M	45 mins	2
19:15	Pilates (Beg)	M	45 mins	2

SATURDAY

09:15	Pilates (Int)	M	45 mins	3
09:30	Les Mills Bodypump	M	60 mins	2
11:10	Les Mills Sprint	M S	30 mins	1
12:10	Yoga (Beg)	M	45 mins	2
13:10	Les Mills RPM	M S	45 mins	1
13:15	Les Mills Bodypump	M	45 mins	2
14:15	Pilates (Beg)	M	45 mins	2

SUNDAY

09:15	Pilates (Beg)	M	45 mins	3
10:10	Les Mills RPM	M S	45 mins	1
11:05	Les Mills Bodypump	M	45 mins	2
13:10	Yoga (Int)	M	45 mins	2
14:15	Pilates (Int)	M	45 mins	3
16:10	Les Mills RPM	M S	45 mins	1

For the fastest class booking

Get the App

Scan Me



Private Member Class Access



Student Member Class Access