

# INSPIRATION

Health Club

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00	PILATES	BOXERCISE	STRETCH & TONE	FIT CHICK	ZUMBA	SPIN
11:00	AQUA FIT	AQUA FIT		AQUA FIT	BOXERCISE	FIT CHICK
18:30	PILOXING	SPIN		SPIN & ABS	BOXERCISE	
19:00	ZUMBA		W.O.D			
19:30		HIT		BUMS & TUMS		
19:30				AQUA FIT	PILATES	

\*\*\*CLASSES REQUIRE MINIMUM OF 3 PEOPLE\*\*\*

PLEASE EMAIL LEISURE CLUB FOR AVAILABILITY IN OUR YOGA CLASS

CLASS PASS €5 FOR NONE MEMBERS

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FIT CHICK (NEW)
RESISTANCE/CARDIO
DANCE AEROBICS
BED/LOW IMPACT
SPIN

AUGUST 2018 TIMETABLE