

Monday

6.45-7.30am	Spinning
8.30am – 9.05am	Aqua
9.30am - 10.15am	Bums & Tums
5.30-6.00pm	Ab blast
6.30pm – 7.05pm	Barbell Pump
7.15-8.00pm	Fitness Pilates

Tuesday

9.30am – 10.00am	Kettlebells
10.10- 11.00am	Fat Burner
5.30pm – 6.05 pm	Bums and Tums
6.15- 6.50 pm	Bootcamp (Outside)
7.15pm – 7.45 pm	Spinning



GREENHILLS

Hotel | Conference | Leisure LIMERICK



Wednesday

6.45am – 7.15am	Circuits
8.30am – 9.10am	Aqua
9.30- 10am	Total Body Workout
5.45pm – 6.15pm	Kettlebells
6.30pm – 7.10pm	Spinning
7.30pm – 8.15pm	Aerobic HITT (Outside)

Thursday

9.30am - 10.15am	Spinning and Core
10.30am-11am	Body Blast
7.15pm – 8pm	Fat Burner

Friday

9.15am – 10.00am	Stretch and Core
10.15am – 11.00am	Aqua

Saturday

11am – 11.45am	Spinning
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