THE FITNESS CLUB

TULLAMORE COURT HOTEL

FITNESS CLASS SCHEDULE

MONDAY

STEP	10:00AM & 7:00PM
BACK TO ABS	10.30AM & 7.30PM
AQUA	12:00PM
SWIM LESSONS	4:00PM - 6:00PM

TUESDAY

SPIN	10:00AM & 7:00PM
YOGA	10.30AM & 7.30PM
SWIM LESSONS	4:00PM - 6:00PM

WEDNESDAY

AEROBICS	10:00AM & 7:00PM
PILATES	10.30AM & 7.30PM
AQUA	12:00PM
SWIM LESSONS	4:00PM - 6:00PM

THURSDAY

CARDIO KICK	10:00AM & 7:00PM
KETTLEBELLS	10.30AM & 7.30PM
SWIM LESSONS	4:00PM - 6:00PM

FRIDAY

SPIN	10:00AM
B.L.T.	10.30AM
AQUA	12:00PM
SWIM LESSONS	4:00PM - 6:00PM

SATURDAY

PARENT & BABY SWIM LESSONS	10:00AM & 12:00PM

All fitness classes 30-minute duration. Booking via Gymsync app

PERSONAL TRAINING

Personal Training: Standard Session: 1 hour €50
Starter pack: 3 x 1 hour session €120.
T&C apply

SWIM LESSONS

Group lessons: six-week course €65.00
Baby & Parent: six-week course €75.00
Adult lessons: six-week course €70.00.
Private lessons available upon request

STUDIO HIRE – 1 HOUR €50.00 | SPIN STUDIO HIRE 1 HOUR €70.00

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