

THE FITNESS CLUB

TULLAMORE COURT HOTEL

STUDIO CLASSES

SPIN CLASSES

Monday's

10am - 10.45am Instructor
12pm - 12.30pm Virtual
5.30pm - 6.00pm Virtual
7.15pm - 7.45pm Virtual

MIND & BODY

Tuesday's

10am - 10.45am Instructor
5.30pm - 6.00pm Virtual
7.15pm - 7.45pm Virtual

CARDIO

Wednesday's

10am - 10.45am Instructor
12pm - 12.30pm Virtual
5.30pm - 6.00pm Virtual
7.15pm - 7.45pm Virtual

STRENGTH & CONDITIONING

Friday's

10am - 10.45am Instructor
1pm - 1.30pm Virtual
5.30pm - 6.00pm Virtual
7.15pm - 7.45pm Virtual

AQUA AEROBIC'S

12pm - 12.30am Monday
12pm - 12.30pm Wednesday
12pm - 12.30pm Friday

**Fitness Studios
Available To Hire**

1 Hour €30

PERSONAL TRAINING

STANDARD SESSION

€40

STARTER PACK 3

3 x 45 min Sessions
€100
10% Discount Member

BUDDY SESSION

Group of 2 x 45 Min Sessions
€50
10% Discount Member

TRAINING PODS

Small Groups 4 x 45 Min
Sessions p/m
€70
10% Discount Member

SWIM LESSONS

CHILDREN'S SWIM LESSONS

8 Week Course
€80
10% Discount Member

ADULT SWIM PODS

Personal Training In Small Groups
4 x 45 Min Sessions Per Month
€55
10% Discount Member

GUEST PASS

GYM PASS (1 Hour Session)

€10 (Adult before 3pm) €15 (Adult after 3pm)

POOL PASS (1 Hour Session)

€10 (Adult before 3pm) €5 (Child before 3pm)
€25 (Family - Max 2 Adults + 2 Kids)

Contact us for more details: **Call** (057) 93 46669 **Email** thefitnessclub@tullamorecourthotel.ie *T's & C's apply*

Trybe: tullamorecourthotel.try.be



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