



## Fitness Class Timetable - January 2023

Day	Time	Class	Instructor	Duration	Area
<b>Monday</b>	6.30am – 7.15am	Sunrise Spin	Bobby	45 mins	Studio
	9.15am - 10.00am	Total Body Conditioning	Eanna	45 mins	Studio
	10.15am – 11.00am	Pilates (€)	Eanna	45 mins	Studio
	11.15am – 12.00pm	Super Seniors	Shauna	45 mins	Studio
	6.30pm – 7.00pm	Super Circuits	Noel	30 mins	Studio
	6.30pm – 7.00pm	Group Gym Induction	Ben	30 mins	Gym
	7.15pm – 7.45pm	HIIT Spin	Noel	30 mins	Hotel
	7.15pm – 7.45pm	Total Body Strength	Mantas	30 mins	Studio
	8.00pm – 8.30pm	Aqua Aerobics	Noel	30 mins	Swimming Pool
8.00pm – 8.45pm	Yoga (€)	Sandra	45 mins	Studio	
<b>Tuesday</b>	6.15am – 6.45am	Tabata	Shauna	30 mins	Studio
	7.00am – 7.30am	Total Body Conditioning	Noel	30 mins	Studio
	9.15am – 09.45am	HIIT Spin	Shauna	30 mins	Studio
	10.00 – 10.45am	Super Circuits	Noel	45 mins	Studio
	11.00am – 11.40am	Aqua Aerobics	Noel/Shauna	40 mins	Swimming Pool
	6.30pm – 7.00pm	HIIT Spin	Eanna	30 mins	Hotel
	6.30pm – 7.00pm	Kettlebells	Kirsten	30 mins	Studio
	7.15pm – 8.00pm	Total Body Strength	Eanna	45 mins	Studio
7.15pm – 8.00pm	Group Gym Induction	Kirsten	30 mins	Gym	
<b>Wednesday</b>	6.15am – 6.45am	Total Body Conditioning	Noel/Sven	40 mins	Studio
	7.00am – 7.30am	HIIT Spin	Noel/Sven	30 mins	Hotel
	9.15am – 10.00am	Tabata	Noel/Sven	45 mins	Studio
	10.15am – 11.00am	Super Seniors	Noel/Sven	45 mins	Studio
	6.30pm – 7.00pm	HIIT Spin	Mantas	30 mins	Hotel
	6.30pm – 7.00pm	Total Body Conditioning	Eanna	30 mins	Studio
	7.15pm – 7.45pm	Tabata	Mantas	30 mins	Studio
	7.15pm – 7.45pm	Group Gym Induction	Eanna	30 mins	Gym
	8.00pm – 8.30pm	Aqua Aerobics	Mantas	30 mins	Swimming Pool
	8.00pm – 9.00pm	Zumba (€)	Siobhan	60 minutes	Studio

<b>Thursday</b>	6.15am – 6.45am	Kettlebells	Shauna	30 mins	Studio
	7.00am – 7.30am	Tabata	Shauna	30 mins	Studio
	9.15am – 10.00am	Spin and Core	Eanna	45 mins	Studio
	10.15am – 10.45am	Total Body Conditioning	Eanna	30 mins	Studio
	11.00am – 11.40am	Aqua Aerobics	Shauna	40 mins	Swimming Pool
	6.30pm – 7.00pm	Super Circuits	Mantas	30 mins	Studio
	6.30pm – 7.00pm	HIIT Spin	Kirsten/Sven	30 mins	Hotel
	7.15pm – 7.45pm	A.M.R.A.P	Mantas	30 mins	Studio
	7.15pm – 7.45pm	Group Gym Induction	Kirsten/Sven	30 mins	Gym
	8.00pm – 8.45pm	Yoga (€)	Sven	45 mins	Studio
<b>Friday</b>	6.30am – 7.15am	Enduro Spin	Bobby	45 mins	Studio
	9.15am – 10.00am	Ass and Abs	Eanna	45 mins	Studio
	10.15am – 10.45am	Super Seniors	Eanna	30 mins	Studio
	6.30pm – 7.00pm	HIIT Spin	Shauna	30 mins	Studio
<b>Saturday</b>	9.00am – 9.30am	HIIT Spin	Sven	30 mins	Studio
	9.40am – 10.20am	Total Body Conditioning	Sven	40 mins	Studio

**Book your space by using the Fit Sense App or by calling 012740078 to book your place.**

***The Glenview Health and Leisure Club, Glen of the Down's, Delgany, Co Wicklow.***

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**[www.glenviewhotel.com/leisure-club](http://www.glenviewhotel.com/leisure-club)**

