



Fitness Class Timetable - 2023

Day	Time	Class	Instructor	Duration	Area
<i>Monday</i>	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
<i>Tuesday</i>	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
<i>Wednesday</i>	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/Shauana	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
	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	
6.30pm – 7.00pm	Tabata	Mantas	30 mins	Studio	
7.15pm – 7.45pm	Group Gym Induction	Eanna	30 mins	Gym	
7.15pm – 7.45pm	Aqua Aerobics	Mantas	30 mins	Swimming Pool	
8.00pm – 8.30pm	Zumba (€)	Siobhan	60 minutes	Studio	
8.00pm – 9.00pm					

<i>Thursday</i>	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
<i>Friday</i>	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
<i>Saturday</i>	8.00pm – 8.45pm	Yoga (€)	Sven	45 mins	Studio
	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
	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.

Tel: 01-2740078 email:leisureclub@glenviewhotel.com

www.glenviewhotel.com/leisure-club

