THE CLUB
AT FITZPATRICKS

CLASS TIMETABLE
August 31st - December 18th 2026

Booking for classes can only be done 24hrs in advance on FITSENSE (club app)

MONDAY

TIME	CLASSES	DURATION
7.15	Hybrid	45 min
9:15	Pump	45 min
11:00	Super Seniors	40 min
12:00	Aqua Fit	40 min
18:30	Spin + Abs	45 min
20:00	Aqua Fit	40 min
20:00	Yoga (€) Improvers	75 min

TUESDAY

7:15	Spin + Abs	40 min
8:05	Yoga (€)	60 min
9:15	Yoga (€)	60 min
9:30	Hybrid	45 min
10:30	Pump	45 min
18:30	Pump	45 min
19:15	Spin + Abs	40 min
19:15	Pilates (€)	45 min

WEDNESDAY

7:15	Barbells	45 min
9:15	Pump	45 min
10:00	Stretch + Core	45 min
11:00	Yoga (€)	75 min
18:30	Pump	45 min

THURSDAY

TIME	CLASSES	DURATION
7.15	Total Body Strength	45 min
8:05	Strength Yoga (€)	60 min
9:15	Strength Yoga (€)	60 min
9:30	Hybrid	45 min
11:00	Super Seniors	40 min
12:00	Aqua Fit	40 min
18:15	Pump	45 min
19:15	Yoga (€)_Beginners	60 min

FRIDAY

7:15	Pump	45 min
8:15	Yoga (€)	60 min
9:15	Hybrid	60 min
9:30	Yoga (€) Beginners	45 min
11:35	Pilates (€)	45 min
18:30	Spin + Abs	45 min
19:30	Pilates (€)	45 min

SATURDAY

8:15	Hybrid	45 min
9:15	Pump	45 min
10:15	Spin + Abs	40 min
11:10	Stretch + Core	45 min

SUNDAY

8:15	Pump	45 min
9:15	Spin + Abs	45 min
10:10	Stretch + Core	45 min

Yoga (€) has a €3 supplement to be paid before the class
Pilates (€) has a €5 supplement to be paid before the class

Fitzpatrick Castle,
Killiney, Co. Dublin
Tel: +353 1 230 5561

THECLUBATFITZPATRICKS.COM

FITZPATRICK COLLECTION