

The Club

AT FITZPATRICK'S

Class Timetable July 2023 Monday 24th

Monday

7.15	Boot Camp Blitz	30 min
9.45	Pump	45 min
12.00	Aqua Fit	40 min
18.00	Circuits	40 min
20.00	Aqua Fit	40 min
20.00	Yoga (€) Improvers	60 min

Thursday

7.10	Circuits	40 min
8.00	Yoga (€)	60 min
9.15	Yoga (€)	60 min
12.00	Aqua Fit	40 min
17.30	Indoor cycling	40 min
19.15	Yoga (€) Beginner	60 min

Tuesday

7.10	Indoor cycling	40 min
8.00	Yoga (€)	60 min
9.15	Yoga (€)	60 min
10.30	Boot camp	45 min
19.00	Pump	45 min

Friday

8.15	Yoga (€)	60 min
9.30	Indoor cycling	30 min
10.30	Pump	45 min

Saturday

8.45	Pump	40 min
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Wednesday

9.45	Boot Camp	40 min
11.00	Yoga (€)	60 min
19.00	Circuits	45 min

Sunday

12.00	Stretching	30min
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Yoga (€) has a €3 supplement to be paid before the class

Booking for classes can only be done 24hrs in advance