

BOOKING FOR CLASSES CAN ONLY BE DONE
24HRS IN ADVANCE ON FITSENSE (CLUB APP)

The Club

AT FITZPATRICK'S

CLASS TIMETABLE

SEPTEMBER 1ST - DECEMBER 19TH 2025

MONDAY

TIME	CLASSES	DURATION
7:15	Lift/Cycle/Row/Ski	45 min
9:15	Pump	45 min
11:00	Super Seniors	45 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

TIME	CLASSES	DURATION
7:15	TBS	45 min
8:05	Yoga (€)	60 min
9:15	Yoga (€)	60 min
9:30	Lift/Cycle/Row/Ski	45 min
10:30	Pump	45 min
18:30	Pump	45 min
19:15	TBS	40 min

WEDNESDAY

TIME	CLASSES	DURATION
7:15	Spin + Abs	45 min
9:15	Pump	45 min
10:00	Stretch + Core	45 min
11:00	Yoga (€)	75 min
18:30	Pump	45 min
19:15	Pilates (€)	60 min

THURSDAY

TIME	CLASSES	DURATION
7:15	20/20	45 min
8:05	Yoga (€)	60 min
9:15	Strength Yoga (€)	60 min
9:30	Lift/Cycle/Row/Ski	45 min
11:00	Super Seniors	45 min
12:00	Aqua Fit	40 min
18:15	Pump	45 min
19:15	Yoga (€)_Beginners	60 min

FRIDAY

TIME	CLASSES	DURATION
7:15	Pump	45 min
8:15	Yoga (€)	60 min
9:30	Yoga (€) Beginners	60 min
9:15	Lift/Cycle/Row/Ski	60 min
10:35	Pilates (€)	60 min

SATURDAY

TIME	CLASSES	DURATION
9:30	Pump	45 min
10:15	Spin + Abs	40 min
11:00	Stretch + Core	60 min

SUNDAY

TIME	CLASSES	DURATION
9:15	Spin + Abs	45 min
10:00	Stretch + Core	60 min

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

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