



FOTA ISLAND
FITNESS

Outdoor Classes

Fota Fitness

MONDAYS

HIIT with Karen | 10am - 10.45am

Bootcamp with Rob | 6pm - 6.45pm

WEDNESDAYS

Circuits with Ger | 10am -10.45am

Bootcamp with Rob | 6pm - 6.45pm

€7 for Hotel Guests and Non Members

TEEN FIT (New classes for 12yrs - 16yrs)

THURSDAYS | 10.30am - 11.30am

FRIDAYS | 10.30am - 11.30am

DROP IN DRILLS WITH GER

A sports drills class for 8-12 year olds Monday - Wednesday | 12pm

Please bring towel and water to classes and an exercise mat if you wish to use one.

€5 for Hotel Guests and Non Members

Pre-booking is essential, to book:
W: fotaisland.ie (through the Glofox app)