fitness TIMETABLE

3 FREE fitness classes per week for members Non-members also welcome - €10 per class or €80 for 10 classes.
PLEASE NOTE: All Fitness Classes are held in the recreational Building. Situated within the Aviary Lodges, barrier code is 2367

FOTA ISLAND FITNESS

MON	TUES	WED	THURS	FRI	SAT	SUN
HIIT 10.00am	Spinning 6.45am	Circuits 10.00am	Run Club 18.00pm	Strength Training for Women 10.00am	Spinning 9.30am	
Bootcamp 18.00pm	Run Club 18.00pm	Bootcamp 18.00pm	Spin & Core 18.00pm		Strength & Conditioning 10.30am	

To book your class please download and register your details on the Glofox App. Please contact the Fitness Team on fitness@fotaisland.ie with any queries

fitness