

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.



MON	TUES	WED	THURS	FRI	SAT	SUN
Strength & HIIT 10.00am	Spinning 6.45am	Circuits 10.00am		Strength Training for Women 10.00am	Spinning 10.00am	
Bootcamp 18.00pm		Bootcamp 18.00pm	Spin & Core 18.00pm		Strength & Conditioning 11.00am	



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

Fota Island Resort, Fota Island, Co. Cork

T+353(21)4883700 E info@fotaisland.ie www.fotaisland.ie Find Us On:

