



FOTA ISLAND
FITNESS

July 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

Strength
& HIIT
8.00am

Spinning
All levels
6.45am

Circuits
All levels
8.00am

Spin & Core
All levels
18.00pm

Strength
Training for
Women
Intermediate
8.00am

Each class has a duration of 45 minutes.



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

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