FOTA ISLAND
FITNESS

summer CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06:45am		Spin & Boxfit (All levels) - 45mins			Spinning (All levels) - 45mins	
09:00am					Back to Basics Yoga See reverse for details	
10:00am	Spin & Abs (All levels) - 45mins		Circuit Training (All levels) - 45mins	Spin & Suprise (All levels) - 45mins	Vinyasa Flow Yoga 6 Week Course See reverse for details	Spinning (All levels) - 45mins
11:00am						Power Hour 60mins
18:00pm	Bootcamp (All levels) - 45mins	Running Club Technique & Speed Work (All levels) - 45mins	Bootcamp (All levels) - 45mins			
18:30pm				Running Club (Outdoors) - 45mins		
19:00pm	Spinning (All levels) - 45mins	Spinning (All levels) - 45mins				

The FOTA *Collection*

personal | TRAINING WITH FOTA

Whether you're starting anew, coming back from injury
or training for a specific event, our team of highly skilled
& experienced trainers are ready to help you achieve
your personal goal.

Choose between 8 x 45 min sessions or 6 x 60 min sessions.

BUDDY TRAINING

Train with your friend, motivate each other and just have
fun together! Choose a schedule that will best suit your daily
routine. Your personal trainer will be there every step of the
way to push you and ensure you enjoy reaching your full fitness
potential!

indoor | FITNESS CLASSES

All indoor fitness classes take place in the Recreational Building
which is situated within the Aviary Lodges.

Prior booking is essential through the Glofox App, kindly cancel
your class through Glofox should you be unable to attend.
Please bring water and towel to your class. Classes are not held
on Bank Holidays.

To enquire about **Yoga classes** contact
Kathleen O' Regan on 087 220 6911

To enquire about **Ballet lessons** contact
Carmel Audley on 087 948 1168