



FOTA ISLAND
FITNESS

CLASS TIMETABLE

*PLEASE NOTE: All Fitness Classes are held in the recreational Building. Situated within the Aviary Lodges, barrier code is 2367

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45am		Spinning Intermediate (45mins)					
9:30am						Spinning Intermediate/Advanced (45mins)	
10:00am	HIIT All levels (45mins)		Circuits All levels (45mins)		Women's Strength Training All levels (1 hour)		
10:30am						20/20 Spinning Bums, & Tums Beginner (45mins)	
11:15am							Yoga Beginners (11:15-12:30)
18:00pm	Boot Camp Intermediate (45mins)	Running Club (1hr)	Boot Camp Advanced (45mins)	Running Club (1hr)			
				Spinning All levels (45mins)			

3 FREE fitness classes per week for members, non-members also welcome - €7 per class

The
FOTA | Collection

HOTEL SPA GOLF CLUB GOLF ACADEMY LODGES ADVENTURE
Fota Island Resort, Fota Island, Cork, Ireland. www.fotaisland.ie

Find us on   



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!

For more information and to book please email fitness@fotaisland.ie. Timetable is subject to change.

indoor

FITNESS CLASSES

Pre booking of classes is essential and are booked through Glofox. If you cannot attend your class kindly cancel your booking through Glofox.

Please bring water and a towel to your class.

Classes do not take place on Bank Holidays.

To enquire about any of the prepaid 6 week courses, please contact moreilly@fotaisland.ie or kbaker@fotaisland.ie

For any other queries including Run Club please contact please the fitness team on fitness@fotaisland.ie