



FOTA ISLAND  
FITNESS

## Outdoor Classes

### Fota Fitness

#### MONDAYS

HIIT with Karen | 10am - 10.45am

Bootcamp with Rob | 6pm - 6.45pm

#### WEDNESDAYS

Circuits with Ger | 10am - 10.45am

Bootcamp with Rob | 6pm - 6.45pm

*€7 for Hotel Guests and Non Members*

#### TEEN FIT ( New classes for 12yrs - 16yrs)

THURSDAYS | 10.30am - 11.30am

FRIDAYS | 10.30am - 11.30am

*Please bring towel and water to classes and an exercise mat if you wish to use one.*

*€5 for Hotel Guests and Non Members*

Pre-booking is essential, to book:

W: [fotaisland.ie](http://fotaisland.ie) (through the Glofox app)