



FOTA ISLAND  
FITNESS



# 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, barrier code is 2367

MON	TUES	WED	THURS	FRI	SAT	SUN
HIIT 10.00am	Spinning 6.45am	Circuits 10.00am	Run Club 18.00pm	Strength Training for Women 10.00am	Spinning 9.30am	Yoga (Course) 11.15am
Bootcamp 18.00pm	Run Club 18.00pm	Aqua Fit (Course) 11.00am	Spin & Core 18.00pm		Strength & Conditioning for all 10.30am	
		Bootcamp 18.00pm				
		Box Fit (Course) 19.00pm				



To book your class please download and  
register your details on the **Glofox App**.  
Please contact the Fitness Team on  
[fitness@fotaisland.ie](mailto:fitness@fotaisland.ie) with any queries

fitness

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