



FOTA ISLAND
FITNESS

summer

CLASS TIMETABLE

*PLEASE NOTE: All Fitness Classes are held in the Recreational Building. Situated within the Aviary Lodges, barrier code is **7435**

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
06:45am	Rob's Body Weight Workout (All levels) - 45mins	Spinning (All levels) - 45mins			Spinning (All levels) - 45mins	
10:00am	Spin & Core (All levels) - 45mins		Mobility with Ger (All levels) 45 mins	HIIT for All (All levels) - 45mins		Spinning (All levels) - 45mins
18:00pm	Bootcamp (All levels) - 45mins		Bootcamp (All levels) - 45mins			
18:15pm	Spinning (All levels) - 45mins					
19:00pm		Spinning (All levels) - 45mins				



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

All indoor fitness classes take place in the Recreational Building which is situated within the Aviary Lodges. Barrier Code: 7435.

Pre-booking is essential, to book, please visit: 'Book Fitness' www.fotaisland.ie or alternatively please download the Glofox app and enter 'Fota Island Fitness'

Please bring a towel and a filled water bottle to your 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

