



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 2367

MON	TUES	WED	THURS	FRI	SAT	SUN
Strength & HIIT 10.00am All Levels	Spinning 6.45am All Levels	Circuits 10.00am All Levels		Strength Training for Women 10.00am Intermediate	Spinning 10.00am All Levels	
Build & Burn 18.00pm All Levels		Build & Burn 18.00pm All Levels	Spin & Core 18.00pm All Levels		Strength & Conditioning 11.00am All Levels	



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

fitness

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