

Autumn Class Timetable | 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45am		Spinning All Levels 45min					
9:30am							
10:00am	Strength & HIIT All Levels 45min		Circuits All Levels 45min	Rest & Restore 3 Week Intro Comp 45min	Women's Strength Intermediate 1h	Spinning All Levels 45min	
11:00am						Strength Conditioning All Levels 1h	
11:15am							
11:30am							
6:00pm	Build & Burn All Levels 45min		Build & Burn All Levels 45 min	Spin & Core All Levels 45 min			
7:00pm		Rest & Restore 3 Week Intro Comp 45min					



3 FREE fitness classes per week for members, non-members also welcome – €10 per class

***PLEASE NOTE:** All fitness classes are held in the Recreational Building situated within the Aviary Lodges. The 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.



FITNESS CLASSES

Strength & HIIT

A combination of strength training paired with HIIT. This is a fun and challenging class, suitable for all levels. The aim is to increase strength, agility, coordination and stamina, giving you the best of both worlds. 45 minutes.

Build & Burn

A 45 minute class suitable for all levels. Build & Burn is a fun, fast paced class incorporating strength, stamina and endurance.

Circuits

A 45-minute circuit-based fitness class focussed on mobility, strength and cardio exercises.

Spinning Classes

Whether you are new to spinning or a seasoned road cyclist, our 45 minute spinning classes are suitable for all levels, our Spin & Core class is 30 minutes of spinning finishing with floor based core work and cool down.

Strength & Conditioning | All levels

A 60 minute Strength & Conditioning class, a group fitness class which starts with a warm up and mobility session followed by a mixture of cardio and strength training using body weight and resistance equipment, finishing with a light stretch and great sense of accomplishment

Women's Strength Training

1 hour strength training class for women only, this class is not suitable for absolute beginners as some basic knowledge is required. Focussing on muscle mobilisation, activation and weight training technique. The session finishes with targeted long hold passive stretches designed to improve range of motion

Rest & Restore

A gentle three-week introduction to simple practices that help release tension, support nervous system regulation and reconnect you with your body. Each 45-minute session combines gentle lymphatic practices, fascia manoeuvres, breathwork, meditation and mindfulness to support relaxation, circulation, mobility and deeper, more easeful breathing.

No experience or fitness level required. All practices can be adapted for different ages, abilities and mobility needs.

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