

Fitness Classes

From Monday 12th February 2018

Monday's (Gym Open 9.00am - 9.30pm)

Class	Time	Instructor	Location
Aquafit	9.30am - 10.10am	Rachel	Main Pool
Spin & Abs	6.30pm - 7.20pm	Russell	Studio
Spin & Tone	7.30pm - 8.20pm	Rachel	Studio
RIP	8.30pm - 9.20pm	Russell	Studio

Tuesday's (Gym Open 9.00am - 9.30pm)

Class	Time	Instructor	Location
Aquafit	7.00pm - 7.40pm	Sean Martin	Main Pool
RIP	6.30pm-7.20pm	Russell	Studio
Kettlebells	7.30pm - 8.20pm	Jason	Studio
Spin & Core	8.30pm - 9.20pm	Jason	Studio

Wednesday's (Gym Open 9.00am - 9.30pm)

Class	Time	Instructor	Location
Aquafit	9.30am - 10.10am	Jason	Main Pool
Step & Tone	6.30pm - 7.20pm	Rachel	Studio
Spin & Tone	7.30pm - 8.20pm	Rachel	Studio
RIP	8.30pm-9.20pm	Russell	Studio

Thursday's (Gym Open 9.00am - 9.30pm)

Class	Time	Instructor	Location
RIP30	9.30am - 10.20am	Russell	Studio
Aquafit	7.00pm - 7.40pm	Amy	Main Pool
Kettlebells	6.30pm - 7.20pm	Sean Martin	Studio
Boxfit & Tabata Core	7.30pm - 8.20pm	Sean Martin	Studio
Spin & Core	8.30pm - 9.20pm	Jason	Studio

Friday's (Gym Open 9.00am - 8.30pm)

Class	Time	Instructor	Location
Aquafit	9.30am - 10.10am	Sean Martin	Main Pool
Teen Spin & Core	5.30pm - 6.20pm	Sean Martin	Studio
RIP 30	6.30pm - 7.20pm	Sean Martin	Studio

Saturday's (Gym Open 10.00am - 3.30pm)

Class	Time	Instructor	Location
Spin & Core	9.00am - 9.50am	Jason	Studio
Teen Gym Session	3.30pm - 4.30pm	Sean Finlay	Gym



www.portarlingtonleisurecentre.ie 057-8645800



Members: Class bookings via the GymSync app. available free on Google play or App store

If your plans change, don't forget to cancel so that the class place isn't wasted. Members on a waiting list for a class will be notified immediately of the cancellation. If you book and don't cancel or check-in for any 2 classes in 7 days, your booking privileges will be suspended.