



Fitness Classes

From Monday July 8th 2019

Monday's (Gym Open 9.00am - 9.15pm)

Class	Time	Instructor	Location
AquaFit	9.30am - 10.10am	TBA	Main Pool
Spin & Tone	7.30pm - 8.20pm	TBA	Studio
RIP	8.30pm - 9.20pm	TBA	Studio

Tuesday's (Gym Open 9.00am - 9.15pm)

Class	Time	Instructor	Location
AquaFit	7.00pm - 7.40pm	TBA	Main Pool
Suspension & Kettlebells	7.30pm - 8.20pm	TBA	Studio
Spin & Core	8.30pm - 9.20pm	TBA	Studio

Wednesday's (Gym Open 9.00am - 9.15pm)

Class	Time	Instructor	Location
AquaFit	9.30am - 10.10am	TBA	Main Pool
Step & Tone	6.30pm - 7.20pm	TBA	Studio
Spin & Tone	7.30pm - 8.20pm	TBA	Studio
Suspension Combo	8.30pm - 9.20pm	TBA	Studio

Thursday's (Gym Open 9.00am - 9.15pm)

Class	Time	Instructor	Location
AquaFit	7.00pm - 7.40pm	TBA	Main Pool
Boxfit & Tabata Core	7.30pm - 8.20pm	TBA	Studio
Spin & Core	8.30pm - 9.20pm	TBA	Studio

Friday's (Gym Open 9.00am - 8.15pm)

Class	Time	Instructor	Location
AquaFit	9.30am - 10.10am	TBA	Main Pool

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

Class	Time	Instructor	Location
Spin & Core	9.00am - 9.50am	TBA	Studio

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



www.portarlingtonleisurecentre.ie 057-8645800



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

If 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 app booking privileges will be automatically suspended for 7 days.