



ORMONDE
LEISURE CLUB

FITNESS CLASSES

AT THE ORMONDE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08.00 - 08.30 HIIT	07.00 - 07.30 SPIN BLAST	07.15 - 07.45 KETTLEBELLS	07.00 - 07.30 ABS BLAST	08.00 - 08.30 HIIT
18.00 - 18.30 SPIN BLAST	17.30 - 18.00 ABS BLAST	17.30 - 18.00 HIIT	18.00 - 18.30 KETTLEBELLS	
19.00 - 19.30 AQUA FIT		19.00 - 19.30 AQUA FIT		

FREE Fitness Classes for Members of the Leisure Club

Non members €6.50 for 30 minute class.

Booking is Essential