



**ORMONDE
LEISURE CLUB**

FITNESS CLASSES AT THE ORMONDE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| 07.15 - 07.45 HIIT | 07.00 - 07.30 SPIN BLAST | 07.15 - 07.45 KETTLEBELLS | 07.00 - 07.30 ABS BLAST | 07.15 - 07.45 HIIT |
| 18.00 - 18.30 SPIN BLAST | 17.30 - 18.00 ABS BLAST | 17.30 - 18.00 HIIT | 18.00 - 18.30 KETTLEBELLS | 18.00 - 18.30 STEP AEROBICS |
| 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