



Class Timetable

Monday

8:00 – 8:45am
5:15 - 5:45pm
6:00 - 6:45pm
7:00 - 7:45pm
7:00 - 7:45pm

Circuits Training
Abs & Sweat
Spin & Tone
Aqua Fit
ZUU

Tuesday

5:15 - 5:45pm
6:15 - 6:45pm
7:00 - 7:45pm

Full Body Hit
Express Step
Fit Box

Wednesday

7:15 - 7:45am
8:00 - 8:45am
10:00 - 10:30am
1:00 - 1:30pm
6:00 - 6:45pm
7:00 - 7:45pm

Spin Blast
Circuits Training
Spin Blast
Circuits Training
Spin/Kettlebell HIT
Aqua Fit

Thursday

6:00 - 6:45pm
7:00 - 7:45pm

FIT BOX
ZUU

Friday

7:15 - 7:45am
8:00 - 8:45am
10:00 - 10:30am
5:15 - 5:45pm

Spin Blast
Circuit Training
Spin & Tone
Kettlebells & Abs

Members €3.20 per class
Non Members €6.20

Express classes (30 minutes)
Members €2.50
Non Members €3.20

N.B Please turnover for class descriptions

Swimming Lessons

- Vicki O Donoghue - F.I.S.T.C Fully Qualified Tel: 086 8370205
- Experience and Knowledge with all levels of swim lessons
- Children and Adults from AB' Beginners to Advanced
- Classes are open to members and non members

Loyalty Cards Available for Classes

25% off at KO Spa

Email: ormondeleisure@kilkennyormonde.com

OPENING HOURS

Mon - Fri 6.30am - 10.00pm
Sat, Sun & Bank holidays 8am - 8pm
Facilities close down 30 mins prior to full closing

KIDS HOURS

Mon - Thurs 9am - 7.00pm
Fri - Sun & Bank Holidays 9am - 7.30pm



KILKENNY ORMONDE
LEISURE CLUB

Ormonde Street, Kilkenny
T: + 353 (0) 56 7723927



Classes

Step:

This is a choreographed class that offers a combination of cardiovascular & muscular endurance training. Using the latest platforms, participants will step to the beat of uplifting music, followed by a full body conditioning workout. This class is suitable for all levels of fitness.

Fight Club:

Full body workout consisting of punching, kicking, body weight, self-defence & combination exercises. Fight Club caters for all levels of fitness.

ZUU:

Functional body weight class aimed at improving flexibility, mobility, agility and this class also increases your fitness levels and gives full body tone.

Kettlebells HIIT:

Mix of traditional kettlebells class with high intensity intervals to increase your calorie burn.

Spin & Tone:

A vigorous workout – burning calories and keeping your muscles in shape.

Aqua Fit:

A fun and effective class. Using our Leisure Club pool, this low impact workout is suitable for all ages and fitness levels.

Abs & Sweat:

A class focusing on core strengthening & conditioning, guaranteed to break a sweat

Circuits Training:

Circuits Training is a form of body conditioning or resistance training using high intensity aerobics. It targets strength building or muscular endurance.

Spin Blast:

Indoor cycling class in fitness studio with various music settings to create an energized atmosphere

Other classes available at the Leisure Club:

Water Babies Class
Active Retirement Swimming Lessons/Active Retirement Aqua
Club Uisce

Elaine 051 397 444
Michelle 086 779 4990
Daphne 086 394 1818

Talk to our Leisure Club Team about a tailor-made membership package

Email: ormondeleisure@kilkennyormonde.com



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www.kilkennyormonde.com