



## **ORMONDE LEISURE CLUB**

### **Class Timetable**

#### **Monday**

HIIT 8am-8:30am

Spin Blast 6pm-6:30pm

Aqua Aerobics 7pm-7:30pm

#### **Tuesday**

Spin blast 7am-7:30am

Abs Blast 5:30pm-6pm

#### **Wednesday**

Kettlebells 7:15am- 7:45am

HIIT 5:30pm- 6pm

Aqua Aerobics 7pm-7:30pm

#### **Thursday**

Abs Blast 7am-7:30am

Kettlebells 6pm-6:30pm

#### **Friday**

HIIT 8am-8:30am

**Booking is essential**

**Limited spaces available**

**Classes free to members**

**Non members €6.50**