



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
	13.15 - 13.45 METCON		13.15 - 13.45 METCON	
	16.15 - 16.45 JUNIOR CLASS (15-17)			
18.00 - 18.30 SPIN BLAST	17.30 - 18.00 ABS BLAST	18.00 - 18.30 METCON	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

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