

# Class Schedule



FROM MONDAY 20<sup>TH</sup> OCT - 30<sup>TH</sup> NOV

MORNING CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	YOGA*	STEP AEROBICS		LOW IMPACT AEROBICS	
	9.30 AM	9.15 AM		9 AM-9.30 AM	
AQUA	STRETCH & FLEXIBILITY	AQUA	STRETCH & FLEXIBILITY	AQUA	YOGA*
10 AM	10 AM-10.30 AM	10 AM	10 AM-10.30 AM	10 AM	10 AM
CIRCUITS	CHAIR YOGA				
11.15 AM	11 AM				

EVENING CLASSES

HIIT	YOGA*	CIRCUITS			
6 PM-6.30 PM	6.30 PM	6 PM			
AQUA	TRAINER'S TWIST	AQUA	HIIT / CORE	AQUA	
7 PM	7 PM	7 PM	7 PM	7 PM	

Locations

POOL

STUDIO

LOUGH CONN

\*Additional Charge

Fitness Classes are 45 minutes duration unless stated.

Yoga and Chair Yoga are 1 hour duration.

Class Bookings via app.

Yoga bookings  
087 467 5377

No Classes on Bank Holidays .

Club Opening Times:

Monday to Friday: 7 am - 9 pm

Saturday, Sunday & Bank Holidays: 8 am - 7 pm

Telephone: 096 21033

E-mail: [members@twintreeshotel.ie](mailto:members@twintreeshotel.ie)