

Class Schedule



FROM MONDAY 1ST DEC - 20TH DEC

**POOLSIDE & CHANGING ROOMS
CLOSED FOR IMPROVEMENTS**

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	
STEP AEROBICS		STRETCH & FLEXIBILITY		STRETCH & FLEXIBILITY	YOGA*
10 AM		10 AM-10.30 AM		10 AM-10.30 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			
	TRAINER'S TWIST		HIIT / CORE		
	7.30 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