



GREENHILLS

Hotel | Conference | Leisure LIMERICK



FITNESS CLASSES

SEPTEMBER 2021

BACK TO ROUTINE

MONDAY

6.30am – 7.10am

Morning Spinning

8.00am – 8.45am

Express Aqua Aerobics

10.00am – 10.45am

Bums & Tums

7.00pm – 7.45pm

Spinning

TUESDAY

9.30am – 10.15am

Kettlebells and CORE

5.30pm – 6.15pm

Metabolic Reset

7.15pm – 7.45pm

Bums and Tums

WEDNESDAY

8.00am – 8.45am

Express Aqua Aerobics

10.30am – 11.15am

Spin and Core

6.00pm – 7.00pm

Spinning

7.30pm – 8.15pm

Kettlebells

THURSDAY

09.30am – 10.15am

Metabolic Reset

6.30pm – 7.15pm

Fat Burner - One More Rep

FRIDAY

9.00am – 9.45am

Kettlebells and core

11.00am – 11.40am

Aqua Aerobics

SATURDAY

11am – 11.30noon

Speed Spinning

Instructors may vary

Classes may change without notice

You must inform the class instructor of any illness or injury that you may have.

Terms + Conditions Apply.

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