



**KILLASHEE**  
HOTEL · SPA · LEISURE

# CLASS TIMETABLE

\* PAID COURSES

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TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	SUNDAY
7.00am 8.00am	*PERFORMANCE TRAINING		GROUP CYCLE 6.45am		*PERFORMANCE TRAINING	*YOGA	GROUP CYCLE 6.45am		*PERFORMANCE TRAINING			SUNDAY SPIN 7.30 - 8.15am PAYG €10
9.30am 10.15am	GROUP CYCLE 9.30am- 10.15am		PUMP & TONE		GROUP CYCLE	*YOGA	*FITSTEPS	STRENGTH CIRCUITS	GROUP CYCLE	PUMP & TONE	*YOGA	SUNDAY SPIN 9.00 - 9.45am PAYG €10
10.15am 11.00am	*PILATES 10.00am	PUMP & TONE 10.30am	GROUP CYCLE 10.30am	*YOGA 50+ 10.00am	KETTLEBELLS 10.30am		*PILATES 10.30am		CORE BLAST 10.15am			*KARATE
11.15am 12.00pm							SPIN & CORE 1.00pm		FUNCTIONAL FIT		FIGHT KLUB 11.00am	
<b>EVENING CLASSES</b>												
4.30pm 5.15pm					GROUP CYCLE		CORE BLAST 4.30pm		PUMP & TONE			
5.30pm 6.15pm	STRENGTH CIRCUITS 5.30pm		GROUP CYCLE		PUMP & TONE							
6.30pm 7.30pm	*PERFORMANCE TRAINING		ZUMBA 6.20pm	FIGHT KLUB	*PERFORMANCE TRAINING		GROUP CYCLE 6.00pm		ZUMBA			
7.00pm 8.00pm	*PILATES 7.30pm	GROUP CYCLE	*FITSTEPS 7.30pm	*FUNCTIONAL STRENGTH & CONDITIONING 7.30PM	*KARATE	GROUP CYCLE 7.45pm	*YOGA	*FUNCTIONAL STRENGTH & CONDITIONING 7.00PM				
8.00pm 9.00pm	*PILATES 8.30pm	HIIT										

NO CLASSES ON BANK HOLIDAYS



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# POOL TIMETABLE

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.30am 8.00am			SWIM SMOOTH 6.10am - 7.10am				
8.00am 10.00am	AQUA 9.15am - 10.00am		SWIM SMOOTH 9.30am - 10.30am				
10.00am 11.00am	AQUA 10.30am - 11.15am	AQUA 10.30am - 11.15am	AQUA 10.30am - 11.15am	AQUA 10.30am - 11.15am	AQUA 10.00am - 10.45am	AQUA 10.00am - 10.45am	
11.00am 12.00pm						CLUB SWIM LESSONS	
12.00pm 1.00pm						CLUB SWIM LESSONS	
1.00pm 2.00pm						CLUB SWIM LESSONS	
2.00pm 3.00pm							
3.00pm 4.00pm		CLUB SWIM LESSONS	CLUB SWIM LESSONS	CLUB SWIM LESSONS	CLUB SWIM LESSONS		
4.00pm 5.00pm		CLUB SWIM LESSONS	CLUB SWIM LESSONS	CLUB SWIM LESSONS	CLUB SWIM LESSONS		
5.00pm 6.00pm		CLUB SWIM LESSONS	CLUB SWIM LESSONS	CLUB SWIM LESSONS	CLUB SWIM LESSONS		
6.00pm 7.00pm							
7.00pm 8.00pm	SWIM SMOOTH 7.00pm - 8.00pm	AQUA 7.00pm - 7.45pm		AQUA 7.00pm - 7.45pm			
8.00pm 9.30pm							

NO CLASSES ON BANK HOLIDAYS