



MOUNT ERRIGAL HOTEL
Letterkenny
Co.Donegal

FITNESS TIMETABLE

From 4th September 2017



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DAY	CLASS	TIME	LENGTH
Mon	Tread n'Shead	06:30 - 07:00	30mins
	Express Spin	07:00 - 07.25	25mins
	Strength & Conditioning	07.30 - 08.00	30mins
	R.I.P.P.E.D	10:00 - 11:00	60mins
	Aqua Aerobics	13:00 - 13:45	45mins
	Spin	18:00 - 18:45	45mins
	Pilates (Mixed Class - All Levels)	19:00 - 20:00	60mins
	Mens Only Pilates (Starting 18th September)	20:00 -21:00	60mins
Tues	Tread n'Shead	06:30 - 07:00	30mins
	Spin & Gym	07:00 - 08:00	60mins
	Train Insane	10:00 - 11:00	60mins
	R.I.P.P.E.D	18:00 - 18:50	50mins
	Pilates (Mixed Class - All Levels)	19:00 - 20:00	60mins
Wed	Tread n'Shead	06:30 - 07:00	30mins
	Spin	07:05 - 07:50	45mins
	Spin	18.00 - 18:45	45mins
	Aqua Aerobics	19.00 - 19.45	45mins
Thurs	Tread n'Shead	06:30 - 07:00	30mins
	Pump	07.10 - 08.00	50mins
	Spin & Pump (pump @ 10:10)	10:00 - 11:00	60mins
	Aqua Aerobics	13:00 - 13:45	45mins
	Turbo Train (Starting 21st September)	18:00 - 18:50	50mins
	Express Spin	18:30 - 19:00	30mins
	Core	19:10 - 19:40	30mins
	Tread n'Shead	06:15 - 06.45	30mins
	Body Weight Strength & Conditioning	06.50 - 07.20	30mins
	Express Pilates (foll. by an optional 20min developmental stretch)	07:30 - 08:00	30mins
	20:20:20	10.00 - 11.00	60mins
	Lane Swimming (Coached)	18:30 - 19:30	60mins
Sat	Tri Fit (Bike/Run/Row)	10:00 - 11:00	60mins
	Pilates (Mixed Class)	11:15 - 12:15	60mins
Sun	Spin (Starting Sunday 24th September)	11:00 - 11:45	45mins

MIN 3 PEOPLE NEEDED FOR CLASS TO RUN, MIN OF 5 PEOPLE FOR AQUA

CLASS REGISTRATION

All classes have a maximum capacity, to guarantee you space you can now pre-book at reception, see more details on booking policy on our notice boards or by contacting reception (0749106783).

PLEASE NOTE

If usual instructor is unavailable to do scheduled class a similar alternative will be ran instead, these changes will be noted in the pre-booking folder at reception.