

Fitness and Pool Programme

25th July - 2nd August

	Saturday 25th		Sunday 26th		Monday 27th		Tuesday 28th		Wednesday 29th		Thursday 30th		Friday 31st		Saturday 1st		Sunday 2nd		
	Pool	Gym	Pool	Gym	Pool	Gym	Pool	Gym	Pool	Gym	Pool	Gym	Pool	Gym	Pool	Gym	Pool	Gym	
6am						Fitness Session	Swim Session			Fitness Session				Fitness Session					6am
7am						Fitness Session			Fitness Session					Fitness Session					7am
8am									Fitness Session					Fitness Session					8am
9am		Fitness Session																Fitness Session	9am
10am		Fitness Session				Fitness Session								Fitness Session				Fitness Session	10am
11am		Fitness Session				Fitness Session			Fitness Session					Fitness Session				Fitness Session	11am
12pm						Fitness Session								Fitness Session					12pm

3pm																			3pm	
4pm																			Fitness Session	4pm
5pm												Swim Session								5pm
6pm						Fitness Session														6pm
7pm						Louth Swim Club		Louth Swim Club	Fitness Session					Louth Swim Club	Fitness Session					7pm
8pm						Louth Swim Club			Fitness Session						Fitness Session					8pm
9pm									Louth Tri Club											9pm

Group Exercise Programme

27th July - 2nd August

Please note our programmes will be reviewed daily. For an accurate and up to date timetable please see the online booking system.

Instructor-led Classes

Instructor:

DONNA

Monday
Body Conditioning
Pilates (am)

Tuesday
Pilates (pm)

Thursday
Low Impact Aerobics
Body Conditioning

Friday
Zumba
Pilates

LAURA

Monday
Cycle pm

Tuesday
Pilates (am)
Cycle

Wednesday
Pilates

Thursday
PIYO

SUSAN

Monday
Yoga

Wednesday
Yoga

All group exercise classes, fitness sessions and pool sessions MUST be pre-booked online using our booking online system. Please do not turn up without a pre-arranged booking.

Please don't forget if you are unable to attend a session please ensure you have cancelled via our booking online system.

	Monday 27th	Tuesday 28th	Wednesday 29th	Thursday 30th	Friday 31st	Saturday 1st	Sunday 2nd	
6am								6am
7am	Virtual Grit Strength**		Virtual Grit PLYO**		Virtual Sprint*	Virtual PUMP**		7am
8am	Virtual RPM*	Virtual RPM	Virtual Sprint*	Virtual RPM	Virtual Cx WORK			8am
9am						Virtual RPM*	Virtual COMBAT**	9am
10am	Body Conditioning***	Pilates***	Pilates***	Virtual Cx WORK				10am
11am	Virtual RPM*	Virtual COMBAT**	Whole Body***	Low Impact***	Virtual Sh'Bam**	Zumba***	Virtual COMBAT**	11am
12pm	Pilates***	Cycle*	Yoga***	Body Conditioning***	Pilates***			12pm
5pm								5pm
6pm		Virtual PUMP**						6pm
7pm	Cycle*	Yoga**	Pilates***	PIYO***	Virtual RPM*	Virtual Sprint	Virtual Grit*	7pm
8pm		Virtual RPM*	Virtual Balance**	Virtual RPM*	Virtual Sh'Bam**	Virtual COMBAT**		8pm

Where the classes are taking place:

- * Cycle Studio
- ** Dance Studio
- *** Multi Purpose Room

All Classes are for 16yrs+ unless labelled otherwise.

Please bring your own mat, as mats will not be provided.