

MONDAY

CLASS NAME	DURATION	LEVEL	START TIME	END TIME
SPIN	45	ALL	0930	1015
AEROBICS	60	ALL	0930	1030
KINESIS	40	ALL	1030	1110
PUMP FX	45	ALL	1800	1900
SPIN	45	ALL	1815	1900
ABS BLAST	20	ALL	1900	1920

TUESDAY

CLASS NAME	DURATION	LEVEL	START TIME	END TIME
CLUB CIRCUITS	50	ALL	0930	1020
SPIN	45	ALL	1030	1130
PILATES	60	ALL	1030	1130
STOMP FX	55	ALL	1800	1855
SPIN	45	ALL	1815	1900
HATHA YOGA	60	ALL	1900	2000

WEDNESDAY

CLASS NAME	DURATION	LEVEL	START TIME	END TIME
EXPRESS SPIN	40	ALL	0645	0725
AEROBICS	60	ALL	0930	1030
CLUB CIRCUITS	45	ALL	1745	1830
SPIN	45	ALL	1815	1900
PUMP FX	45	ALL	1830	1930
ABS BLAST	20	ALL	1930	1950

all classes may be booked two days in advance. (V)= Virtual spin; Virtual also available at a time to suit you, just ask the gym team. Please note: some classes may be withdrawn or cancelled at short notice beyond our control.

CHECK OUT OUR NEW SPA PRICE LIST ON OUR WEB SITE AND IN THE CLUB

REST-RELAX-REJUVENATE

LISBURNS ONLY TRUE DAY SPA

THURSDAY

CLASS NAME	DURATION	LEVEL	START TIME	END TIME
PUMP FX	45	ALL	0930	1015
SPIN	45	ALL	1030	1130
PILATES	45	ALL	1745	1830
SPIN	45	ALL	1815	1900
STOMP FX	60	ALL	1830	1930

FRIDAY

CLASS NAME	DURATION	LEVEL	START TIME	END TIME
EXPRESS SPIN	40	ALL	0645	0725
AEROBICS	60	ALL	0930	1030
KINESIS	40	ALL	1000	1040
SPIN (V)	40	ALL	1200	1240
PUMP FX	60	ALL	1730	1830

SATURDAY

CLASS NAME	DURATION	LEVEL	START TIME	END TIME
STOMP FX	55	ALL	0930	1025
SPIN	45	ALL	0930	1015
PUMP FX	60	ALL	1030	1130
SPIN (V)	40	ALL	1200	1240

SUNDAY

CLASS NAME	DURATION	LEVEL	START TIME	END TIME
PUMP FX	45	ALL	1000	1045
HATHA YOGA	60	ALL	1100	1200
SPIN (V)	40	ALL	1200	1240

Studio for hire - Please contact reception.

TIME TABLE

CLUB CLASS

FITNESS