

Health Club Class Timetable 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HIIT & CORE 9:30 - 10:15 AM	PUMP 9:30 - 10:15 AM	CARDIO & STRENGTH CIRCUIT 9:30 - 10:15 AM	PUMP 9:30 - 10:15 AM	HIIT & STRETCH 9:30 - 10:15 AM	CARDIO & STRENGTH CIRCUIT 9:30 - 10:15 AM
AQUA FIT 10:30 - 11:15 AM	MOVE OVER 60'S 10:30 - 11:15 AM	AQUA FIT 10:30 - 11:15 AM	MOVE OVER 60'S 10:30 - 11:15 AM	AQUA FIT 10:30 - 11:15 AM	
LEGS, BUMS & TUMS 6:30 - 7:15 PM	PUMP + 6:00 - 6:45 PM	CARDIO & STRENGTH CIRCUIT 6:30 - 7:15 PM	PUMP + 6:00 - 7:15 PM		
SPIN 7:30 - 8:15 PM	PILATES 7:00 - 8:00 PM Contact Shannon on 086 083 1592 to book *not included in membership*	SPIN 7:30 - 8:15 PM			

Tel: 057 869 5000

Email: healthclub@theheritage.com

Please note, all classes must be pre-booked