

Health Club Class Timetable 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PUMP 9:30 - 10:15 AM		HYROX 9:30 - 10:15 AM		PUMP 9:30 - 10:15 AM	HYROX 9:30 - 10:15 AM
AQUA FIT 12:00 - 12:45 PM		AQUA FIT 12:00 - 12:45 PM		AQUA FIT 12:00 - 12:45 PM	
HYROX 6:30 - 7:15 PM	PUMP 6:00 - 6:45 PM	SPIN & ABS 7:00 - 8:00 PM	PUMP 6:30 - 7:15 PM		
SPIN & STRETCH 7:30 - 8:30 PM					

Tel: 057 869 5000

Email: healthclub@theheritage.com

Please note, all classes must be pre-booked