Health Club Class Timetable 2026

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

Tel: 057 869 5000

Email: healthclub@theheritage.com

Please note, all classes must be pre-booked