

Adult Classes Timetable

Summer 2022

Monday

6.45am	30mins	Spinning	A
10.00am	40mins	Ladies Circuits	A+C+S
1.00pm	40mins	Exercise For Older Adults (55+)	A+S
4.30pm	30mins	TRX	A+C+S
6.00pm	40mins	Spinning	A
6.45pm	60mins	Strength Training with Hughie	S

Tuesday

10.00am	45mins	TRX	A+C+S
11.00am	30mins	AquaFit	A
1.00pm	30mins	HITT	A+C+S
6.00pm	45mins	Intense HITT Class	A+C+S
6.45pm	15mins	Ab Attack	C

Wednesday

6.45am	30mins	HITT	A+C+S
10.00am	45mins	Tone & Sculpt	C+S
4.30pm	40 mins	HITT	A+C+S
6.00pm	40mins	Spinning	A
6.45pm	45mins	Strength Training with Hughie	S
7.30pm	15mins	Ab Attack	C

Thursday

10.00am	45mins	TRX	A+C+S
11.00am	30mins	AquaFit	A
1.00pm	30mins	TRX	A+C+S
6.00pm	45mins	Cardio & Strength	A+C+S
6.45pm	15mins	Ab Attack	C

Friday

6.45am	30mins	Spinning	A
10.00am	45mins	Ladies Circuit Training	A+C+S
1.00pm	30mins	Exercise for Older Adults (55+)	A+S
5.00pm	40 mins	Cardio Blast	A+C+S

Class Codes:
A - Aerobics

C - Core
D - Dance

M - Mind, Body & Soul
S - Strength & Toning

Reserve your place
by calling us on 091 792 434



OPENING HOURS

Monday to Friday
6.00am - 10.00pm

Weekends & Bank Holidays
7.30am - 9.00pm

Free WiFi • Free car park • Visitors passes
Kids under 16 are welcome until 7.00pm daily



FULL MEMBERSHIP

Allows you unrestricted access to all the club's facilities

Weekdays 6.00am - 10.00pm

Weekends / Bank Holidays 8.00am - 9.00pm

To add on a child (4-15 yrs) to your membership it is **€10 per month**.

To add on a teenager (16-17 yrs) to your membership it is **€20 per month**.

Single

€58 - monthly (payable by Direct Debit)

€225 - 3 month membership (upfront payment)

€560 - annually (upfront payment)

Couple

€91 - monthly (payable by Direct Debit)

€295 - 3 month membership (upfront payment)

€985 - annually (upfront payment)

Family (2 adults & 2 children 4-15yrs old)

€99 - monthly (payable by Direct Debit)

€320 - 3 month membership (upfront payment)

€1025 - annually (upfront payment)

Over 60's (60+yrs old)

€48 - monthly (payable by Direct Debit)

€190 - 3 month membership (upfront payment)

€450 - annually (upfront payment)

Student (valid Student ID required)

€48 - monthly (payable by Direct Debit)

€190 - 3 month membership (upfront payment)

€450 - annually (upfront payment)

OFF-PEAK MEMBERSHIP

Allows you access all the club's facilities between,

Weekdays 6.00am - 5.00pm

Weekdays: Must check in before 5.00pm

Weekends / Bank holidays 12.00pm - 4.00pm

Weekends: Must check in before 4.00pm

To add on a child (4-15 yrs) to your membership it is **€10 per month**.

To add on a teenager (16-17 yrs) to your membership it is **€20 per month**.

Single

€48 - monthly (payable by Direct Debit)

€195 - 3 month membership (upfront payment)

€450 - annually (upfront payment)

Couple

€84 - monthly (payable by Direct Debit)

€285 - 3 month membership (upfront payment)

€815 - annually (upfront payment)

TELL US ABOUT YOUR VISIT

Tell us about your visit by scanning the QR code. Your feedback is very important to us and helps us know what we are doing right and where we can improve. We reward our staff for every positive mention!

Simply scan this QR code:



clubvitae
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