CIUDVILOE GALWAY

Spring Timetable



New Classes for 2025

Toddler Swim (Suitable from 3-4) Postnatal Exercise Classes Teen Gym Fitness

MOND	DAY		
6.45am	Spinning	30mins	А
10.00am	Circuit Training	40mins	A+C+S
1.00pm	Exercise For Older Adults (60+)	40mins	A+C+S
4.30pm	TRX	30mins	A+C+S
5:40pm	Express Spinning	30mins	А
6:15pm	Spinning	40mins	А
7.00pm	Strength Training	45mins	S
TUESE	DAY		
6.45am	Intense Cardio	30mins	А
10.00am	TRX	30mins	A+C+S
10.30am	TRX	30mins	A+C+S
11:00am	Aquafit	40mins	А
1.00pm	HITT	30mins	A+C+S
6.00pm	Intense HITT	40mins	A+C+S
6.45pm	Ab Attack	15mins	С
7.30pm	Zumba with Alex	60mins	A+D
WEDN	ESDAY		
6.45am	HITT	30mins	A+C+S
10.00am	Intense Cardio	40mins	А
11.00am	Pilates with Lisa*	45mins	C+S
4.30pm	HITT	30mins	A+C+S
5.40pm	Express Spinning	30mins	А
6.15pm	Spinning	40mins	A
7:00pm	Strength Training	45mins	S
8:00pm	Pilates with Lisa*	45mins	C+S

THURSDAY					
10.00am	TRX	30mins	A+C+S		
10.30am	TRX	30mins	A+C+S		
11.00am	Aquafit	40mins	A		
1:00pm	TRX	30mins	A+C+S		
6.00pm	Cardio & Strength	40mins	A+C+S		
6.45pm	Ab Attack	15mins	С		
FRIDAY					
FRIDA	Y				
FRIDA 6.45am	Y Spinning	30mins	A		
	-	30mins 40mins	A A+C+S		
6.45am	Spinning				
6.45am 10.00am	Spinning Circuit Training	40mins	A+C+S		

Gym Induction

20 mins (included in membership)

1-1 Training Session 1hr€30

Extensive Personal Training 5 sessions (60 mins each) Includes training plan and goal setting





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BECOME A MEMBER TODAY!

Member Benefits

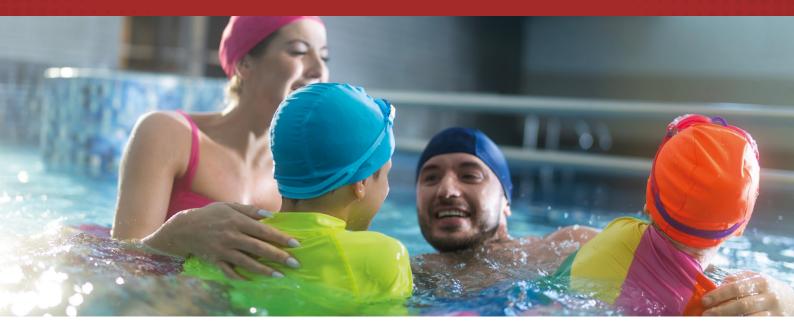
- 10% discount on all food and accommodation at Maldron Hotel Oramore, Galway
- Gym induction
- Complimentary parking
- Adult swim training



Scan the QR code

CHILDREN'S GROUP SWIM LESSONS

Term 1: 13th January - 16th February – 5-week term Term 2: 24th February - 13th April – 7-week term Easter Swim Camp: 21st - 25th April – 9.30am to 12.30pm and 1.00pm to 4.00pm



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