

## Monday

### Bootcamp

9.30am-10.15am

### Total Body Tone

6.00pm - 6.40pm

### Spin

7.00pm - 7.45pm

## Tuesday

### Bootcamp

1.15pm - 1.45pm

### Aqua aerobics

7.00pm-7.45pm

## Wednesday

### Spin & Core

9.30am-10.15 am

### BLT (Bums, Legs & Tums)

1.15pm- 1.45pm

### Box & Burn

6.30pm-7.15pm

## Thursday

### Aqua aerobics

10.15am-11.00am

### HIIT Class

6.00pm - 6.40pm

### Aqua aerobics

6.30pm - 7.15pm

### Spin

7.00pm - 7.45pm

## Friday

### Kettlebells/TRX

9.30am-10.15am

## Saturday

### Bootcamp

9.30am - 10.15am

### Boxercise

10.30am - 11.15am

All studio classes must be pre-booked by calling  
05786 95960

Kids swimming lessons are available all year  
round to members and non-members

Please email [portlaoise@clubvitae.com](mailto:portlaoise@clubvitae.com) for more  
information or call us on +353 57 8695960

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 [clubvitae.com/portlaoise](https://clubvitae.com/portlaoise)

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**maldron**   
HOTEL  
PORTLAOISE

Rate Type	1 year	6 Month	3 Month	Direct Debit	Pool or Gym 1 Year	Pool or Gym 6 Month	Pool or Gym 3 Month	Pool or Gym Direct Debit
Single	€450	€250	€145	€45pm	€339	€179	€105	€35
Couple	€825	€450	€250	€75pm	€639	€339	€179	€60
Family (2A +2/3C) (Child up to 15 years)	€920	€640	€350	€90pm	€850	€470	€245	€80
Youth (16 -17 years)	€275	€145	€90	€30pm	€200	€110	€70	€25
Child (4 -15 years) (must join with an adult)	€165	€90	€45	€15pm	N/A	N/A	N/A	N/A
Student / Over 60's	€410	€225	€125	€39pm	€299	€159	€95	€30



### Opening Hours

Monday - Friday: 6.30am - 10.00pm

Saturday: 8am-8pm

Sunday and Bank Holidays: 9am - 7pm

Pool & gym must be vacated 30 minutes  
prior to closing time

Children under 14 are welcome are welcome in the  
pool from opening time until 6.45pm every day

### Please Note

Direct debit: For all direct debit schemes your first  
months payment is paid upfront, all remaining  
payments are taken from your account on the  
28th of the month

Cheques: All cheques to be made  
payable to Maldron Hotel Portlaoise  
For enquiries please phone: +353 57 8695960

