

### Dry Group Fitness Classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
AM	6.00 – 6.45 <b>BOXING</b> Emily	6.00 – 6.55 <b>BODYPUMP™</b> Tyler	6.00-6.45 <b>YOGA</b> Diana (FR)	6.00 – 6.45 <b>BOXING</b> Emily	6.00 – 6.45 <b>BODYPUMP</b> Tyler	6.00 – 6.45 <b>YOGA</b> Kavleen (FR)	6.00 – 6.45 <b>BOXING</b> Emily
							9.00 – 9.55 <b>BODYPUMP™</b> Elisa
	9.15 – 10.10 <b>BODYPUMP™</b> Jenny	9.15 – 10.10 <b>PILATES</b> Diana	9.15 – 10.10 <b>CARDIO - STEP UP</b> Diana	9.15 – 10.10 <b>BODYPUMP™</b> Jenny	9.15 – 10.10 <b>BODYPUMP™</b> Diana		
							10.00 – 10.55 <b>BODYCOMBAT™</b> Julie/Kris
	10.15 – 11.10 <b>ZUMBA</b> Jenny	10.30 – 11.15 <b>BOXING</b> Angela	10.30 – 11.15 <b>PILATES</b> Julie R	10.15 – 11.10 <b>BODYCOMBAT™</b> Kris	10.15 – 11.10 <b>YOGA</b> Diana		
							11.00 – 11.55 <b>YOGA</b> Diana
	11.15 – 12.10 <b>YOGA</b> Julie Rain	11.15 – 12.10 <b>Staying Active YOGA</b> Diana		11.15 – 12.10 <b>YOUNG AT HEART</b> Pat	11.15 – 12.10 <b>YOUNG AT HEART</b> Pat		
P	5.15 – 6.10 <b>BODYPUMP™</b> Jenny	5.15 – 6.10 <b>BODYCOMBAT™</b> Kris	5.15 – 6.10 <b>BODYCOMBAT™</b> Julie	5.15 – 6.10 <b>BODYPUMP™</b> Jenny			
				6.15 – 7.10 <b>ZUMBA</b> Jenny			
	6.30 – 7.25 <b>BODYCOMBAT™</b> Julie	6.30 – 7.25 <b>BODYPUMP™</b> Tyler	6.30 – 7.25 <b>YOGA</b> Diana	6.30 – 7.25 <b>BODYCOMBAT™</b> Tyler (FR)	6.30 – 7.25 <b>YOGA</b> Julie Rain		
	7.30 – 8.25 <b>ZUMBA</b> Tyler	7.30 – 8.25 <b>PILATES</b> Julie Rain (FR)	7.30 – 8.25 <b>ZUMBA</b> Tyler	7.30 – 8.25 <b>BODY PUMP</b> Tyler/Andrea	7.30 – 8.25 <b>PILATES</b> Julie R		

Classes labelled “FR” are held in the function room (behind reception)

### Cycle Group Fitness Classes

	MONDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	6.00 – 6.45 <b>RPM™</b> Andrea	6.00 – 6.45 <b>SPIN</b> Diana		6.00 – 6.45 <b>RPM™</b> Julie R	
					8.10 – 8.55 <b>RPM™</b> Elisa
	9.15 – 10.00 <b>RPM™</b> Julie R			9.15 – 10.00 <b>RPM™</b> Sandy	
		9.30 – 10.15 <b>RPM™</b> Julie R	9.30 – 10.15 <b>RPM™</b> Sandy		
PM	5.30 – 6.15 <b>RPM™</b> Julie R	5.30 – 6.15 <b>RPM™</b> Elisa	5.30 – 6.15 <b>RPM™</b> Julie R		
	6.30-7.15 <b>RPM</b> Julie R	6.30 – 7.15 <b>RPM™</b> Sandy			

Please note: Instructors and classes are subject to change without notice. Classes must be pre-booked.

Studio 1	
<b>YOGA</b>	'Complete Mind-Body Conditioning'. This traditional class is designed to teach you Yoga postures with the correct breathing and stretching in meditative state, flowing sequences, leaving you revitalised and relaxed. So if you need to either de-stress or work on your balance and inner core strength, get your shoes off and try Yoga today! Suitable for all fitness levels.
<b>PILATES</b>	A system of controlled exercises that engage the mind and condition the total body. The strength and flexibility training helps to improve posture and reduce stress levels.
<b>ZUMBA®</b>	If you want to find your inner spark, get into Zumba® the hypnotic Latin rhythms and easy-to-follow moves create a fun one-of-a-kind fitness class where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat - be warned it is addictive!
<b>LES MILLS BODYCOMBAT™</b>	'Anything more intense would have a rip cord!' This exciting program combines a selection of martial arts including boxing, karate and taekwondo with a focus on endurance training, strength and agility. Suitable for everyone!
<b>LES MILLS BODYPUMP™</b>	Les Mills Body Pump (55min or 45min option) is 'The fastest way in the universe to change your body shape!' Pump is a non-impact program designed to give your body a complete workout using barbells and weights to the latest music. Most of all it develops strength and muscular endurance.
<b>BOXING</b>	This is the ultimate full-body workout! A 45-minute boxing class combining aerobic fitness with co-ordination using focus mitts and partner exercises.
<b>CIRCUIT X-CHANGE</b>	'Bring it on'! A hip circuit program with plenty of cool stations, including cardio and resistance training. Feel the calories burn! Suitable for all fitness levels.
<b>TABATA</b>	A High Intensity Interval based workout. Classes can use different equipment or bodyweight. Great way to increase your fitness levels!
<b>HIIT</b>	HIIT (45 mins) is a workout that keeps on working. A non-choreographed class using a variety of equipment and workout timings.
<b>Staying Active YOGA</b>	Improve breathing and posture with our fun filled senior's yoga class which incorporates a mind and body segment to reduce stress, relax and revitalise.
<b>CARDIO STEP UP</b>	Cardio Step up is a fitness class that provides an all over workout. Suitable for all fitness levels.
<b>YOUNG AT HEART</b>	A low impact / gentle exercise aerobics/aqua aerobics class for seniors over 50 years.

Studio 2	
<b>LES MILLS RPM™ / RPM EXPRESS™</b>	Les Mills RPM (45mins)/ RPM Express (30mins) is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, interval training and controlling the intensity of your workout with resistance dial and pedal speed.
<b>SPIN</b>	SPIN (45mins) is a freestyle cycle class designed to test your fitness through mountain peak, speed work and interval training. Discover your athlete within.

**Group fitness classes finish on Saturday 21<sup>st</sup> December 2024 and resume on Monday 6<sup>th</sup> of January 2025**  
**Crèche sessions finish on Friday 20<sup>th</sup> December 2024 and resume on Monday 13<sup>th</sup> of January 2025.**

### Etiquette

- Classes must be pre-booked online.
- Participants must clean their equipment before and after use.
- Hand sanitiser is available
- Please arrive on time, no admittance will be allowed after classes commence
- Class tickets will be issued by reception staff.
- Please keep the ticket until it is requested by the instructor.
- Please inform the instructor of any injuries, health problems, pregnancy or special needs.
- Minimum age restrictions apply to participants in Group Fitness, Aqua and Spin classes
- Please be sure to bring a towel and filled water bottle. Entry will not be permitted without a towel.
- No spectators are allowed in any studio room.
- Children are not allowed to be left unattended.

### Sandcastle Crèche

Monday 9.00 am - Noon

Tuesday 9.00 am - Noon

Wednesday 9.00 am – Noon

Thursday 9.00 am – Noon

Friday 9.00 am – Noon

Saturday CLOSED

Sunday & Public Holidays - CLOSED