



CITYWEST
LEISURE CLUB
DUBLIN

Starts Monday 8th April



T: +353 1 401 0700

CLASS SCHEDULE

E: skane@citywesthotel.com
citywesthotel.com/leisure-club

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MORNING CLASSES

6.30 - 7.00am S Spin	6.30 - 7.00am S Spin	6.30 - 7.00am F Functional Circuit	6.30 - 7.00am S Spin	6.30 - 7.00am S Spin	8.40 - 9.20am G Starting 13 th April Couch to 5k
7.00 - 7.15am F Core and Stretch	7.00 - 7.20am F Functional Circuit	9.30 - 10.30am B Athletic Step & Tone	7.00 - 7.15am F Core and Stretch	7.00 - 7.15am F Core and Stretch	
9.30 - 10.15am B Booty Baare	9.30 - 10.00am S Spin	9.30 - 10.00am F Box H.I.I.T	9.30 - 10.00am S Spin	9.30 - 10.00am S Spin	9.30 - 10.00am S Spin
9.30 - 10.00am S Spin	10.00 - 10.45am B Body Pump <small>LES MILLS</small>	10.30 - 11.15am P Aqua Fit	9.30 - 10.15am B Pilates	10.05 - 10.50am B Body Pump <small>LES MILLS</small>	10.05 - 11.05am B Body Pump <small>LES MILLS</small>
10.00 - 10.25am F Kettlebell	1.00 - 1.40pm S Spin/H.I.I.T		10.00 - 10.30am F Bums and Tums	10.30 - 11.15am P Aqua Fit	
10.30 - 11.15am P Aqua Fit			1.00 - 1.40pm S Spin/Core		

EVENING CLASSES

5.45 - 6.30pm B Step Aerobics	5.30 - 6.15pm B Body Pump <small>LES MILLS</small>	5.30 - 6.00pm S Spin	5.45 - 6.30pm B Body Balance <small>LES MILLS</small>	5.30 - 6.15pm B Body Pump <small>LES MILLS</small>	
6.00 - 6.30pm S Spin	6.30 - 7.00pm S Spin	5.30 - 6.15pm B Kangoo Jumps	6.00 - 6.30pm S Spin		
6.35 - 7.15pm F Box H.I.I.T	7.00 - 7.30pm F H.I.I.T Tone	6.30 - 7.00pm S Spin	6.35 - 7.20pm B Body Pump <small>LES MILLS</small>		
6.35 - 7.20pm B Body Pump <small>LES MILLS</small>	7.30 - 8.30pm B Pilates €	6.30 - 7.15pm B Body Pump <small>LES MILLS</small>	7.30 - 8.15pm P Aqua Fit		
7.20 - 8.05pm B Body Balance <small>LES MILLS</small>	7.30 - 8.15pm P Aqua Fit	7.20 - 8.00pm B Box H.I.I.T	7.30 - 8.15pm B Kangoo Jumps €		
	8.15 - 9.00pm P Adult Swim €	7.30 - 8.30pm B Yoga €			
	8.30 - 9.15pm B Kangoo Jumps €				

SUNDAY

9.30 - 10.00am S Spin
10.00 - 10.15am F Core and Stretch

Opening Hours: 6am - 10pm Monday - Friday
8.30am - 6pm Saturday and Sunday

- S Spin
- F Functional Zone
- L Ladies Zone
- G Gym Floor
- A Abs Zone
- B Body Soul Studio
- P Pool