



Roganstown Hotel & Country Club New Class Timetable - Summer 2019 (Commencing 01 June 2019).

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30 am	Beginner Spinning (30 Mins)	Cardio Attack (45 Mins)	Intermediate Spinning (45 Mins)	Circuit Training (45 Mins)	Advanced Spinning (60 Mins)		
10.20 am	Bums & Tums (30 Mins)	Flexibility (30 Mins)	HIIT (30 Mins)	TRX (30 Mins)			
12.00 pm							Yoga (45 Mins)
19.00 pm	Aqua (45 Mins)	Body Bar (30 Mins)	Aqua (45 Mins)	Yoga (45 Mins)			
20.00 pm	Pilates (45 Mins)	Spinning (45 Mins)	Pilates (45 Mins)	Boxer-size (45 Mins)			

Spinning: Spin Bike Class Beginners (30 minutes), Intermediate (45 minutes), Advanced (60 minutes).

HIIT: HIIT, or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods.

Bums & Tums: This 30-minute workout class focuses on your bum and stomach areas. It's an aerobic workout that simultaneously helps to firm up your bum and stomach areas. Not only is it an effective workout to help you look great, it can also help you feel great and maintain a high general level of fitness too.

TRX: TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously.

Pilates (6 weeks): (1 class per week – members €40 / non-members €60) – (2 classes per week – members €70 / non-members €100).

Yoga: 2 classes per week - €10 per class / €15 per week.

We would advise all members to book classes in advance to avoid disappointment - leisure@roganstown.com / 01 8433118.