



Roganstown Hotel & Country Club - Fitness Class Timetable 2018

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Time							
06:00 - 06:45		S & C		S & C			
07:00 - 07:30		Spin	RT24	Spin			
09:30 - 10:15	Spin	Circuit Training	Spin	Circuit Training	Spin		
10:15 - 11:00	Step Aerobics	Legs, Bums & Tums	TRX & Kettlebells	Pilates	TRX & Kettlebells		
11:00 - 12:00						Spin & Abs	Spin & Kettlebells
19:00 - 19:45	Aqua	RT24	Aqua	RT24			
20:00 - 20:45	Pilates	Spin	Pilates	Instructor's Choice			

Class Duration

- 30 mins
- 45 mins
- 60 mins

Gym Classes will commence from the 8th of October 2018

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

S&C- Strength and conditioning (€100 for 6 weeks)

Bootcamp- Military style circuits

Legs, Bums & Tums- A body toning Class with weights

Pilates - (6 weeks) 1 class per week - members €40 / non-members €60

2 classes per week - members €70 / non-members €100

RT24 - burn fat, increase muscle mass, improve movement patterns, and strengthen cardio vascular fitness