

PORTMARNOCK SPORTS & LEISURE CLUB OUTDOOR FITNESS TIMETABLE

17th – 30th May 2021

Outdoor Sessions	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.45am		Instructors Choice (45 mins) AD		Morning Pump (45 mins) MB	Friday Fitness Fix (45 mins) MB		
9.00am	Instructors Choice (45-60 mins) MR		Kettlebell, Cardio & Core (45-60 mins) MR		Body Blast Blow Out (45-60 mins) AD		
10.00am	Stretch & Mobility (30-45 mins) AD	30 Minute Mix MR		30 Minute Mix MR	Physio Prehab, Stretch & Mobility (45 mins) AD	Calorie Killer (45-60 mins) MB	Master Blast (60 mins) AD
11.00am						Teen Fit (30 – 45 mins) MB	
3.00 pm			Teen Fit (30-45 mins) MB				
7pm	Kettlebells and Core (45-60 mins) MB	Body Blast Mixed Session (45-60 mins) MB	Bars and Bells (45-60 mins) AD	Instructors Choice (45-60 mins) MR			

- Timetable subject to change
- Sessions will run weather permitting
- Please bring your mat, water, towel and please sanitize on entry and exit of each session you attend
- Please book in on the new app or reserve your place by contacting reception
- Only 15 spots available due to government restrictions
- There will be a small reserve list so please only book if you can make it. Otherwise, substantial prior notice of cancellation is required

