





PORTMARNOCK SPORTS & LEISURE CLUB FITNESS CLASS TIMETABLE

AUTUMN/WINTER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	GYM OPENING HOURS		
6.30am 45 mins Spin & Abs (GYM)	6.30am 45 mins Strength Power Circuit (SPORTSHALL)	6.30am 45 mins Spin & Abs (GYM)	6.30am 45 mins Bike & Body Conditioning (GYM)	6.30am 45 mins Spin & Kettlebells Mix (GYM)	9.15am 45 mins Extreme Hardcore (GYM)	10.00am 60 mins Masterclass (GYM)	Monday – Friday 6am – 10pm Saturday & Sunday 9am – 6pm		
10.00am 45 mins Spin & Abs (GYM)		9.30am 45 mins Pilates (STUDIO 1)	9.30am 30 mins Dumbbell/Ab Mix			11.30 am 60 mins Spin & Circuit (GYM)	WORKOUT PRICES PSLC Member Visitor ADULT €6.00 €11.50 OAP €4.50 €7.50 STUDENT €4.50 €7.50 CHILD €3.50 €6.00		
9.45 am 45 mins Fitness Pilates (STUDIO 1)	10.00 am 30 mins Spin (GYM)	10.30am 30mins Strength & Tone (STUDIO 1)	10.00am 30 mins Spin (GYM)	10.30am 60 mins Total Weights Workout (GYM)	11.30 am 60 mins Spin & Circuit (GYM)				
10.45 am 45 mins Fitness Pilates (STUDIO 1)	10.30am 30 mins Kettlebells (STUDIO 1)	11.00am 30 mins Kettlebells (STUDIO 1)	10.30am 40 mins Fitness Pilates (STUDIO 1)	6.30pm 45 mins Ultra-Fit (GYM) NEW CLASS		NEW CLASS			
6.30pm 30 mins Total TRX (STUDIO 1)	11.00am 30 mins Funk N-Step (STUDIO 1)	3.00pm 60 mins Teen Zoned (GYM) NEW CLASS			4:00pm 60mins Teen Zoned (GYM) NEW CLASS	3.00pm 60 mins Teen Zoned (GYM)	CLASS PRICES PSLC Member Visitor ADULT €5.00 €8.50 OAP €3.50 €6.00 STUDENT €3.50 €6.00 CHILD €5.00 €6.00		
7.00pm 45mins Ultimate Spin (Advanced) (GYM)		7.00pm 30 mins Spin (Mixed Levels) (GYM)	7.30pm 40 mins Spin Advanced (GYM)					TEEN ZONED Visitor €5.00 PSLC Member €5.00	
8.00pm 30 mins Complete Core (STUDIO 1)	7.30pm 30 mins Spin Strictly Adults Only (GYM)	7.30pm 30 mins H.I.I.T (STUDIO 1) NEW CLASS							
8.30pm 40 mins Fitness Pilates (STUDIO 1)	8.00pm 45 mins Pump n Tone (STUDIO 1)	8.00pm 45 mins TRX/Kettlebell Mix (STUDIO 1)							

IMPORTANT
New/First time class members, please arrive 15 minutes prior to class and make yourself known to your Instructor. All class members must have proper attire and have water bottle and towel.



Gym Membership

Includes Gym, Pool & Sauna

Category	Period	FULLY PAID	FULLY PAID	Monthly DIRECT DEBIT Option * NO JOIN FEE/NO CANCELLATION FEE *	
		PSLC Member	Visitor	PSLC Member	Visitor
Individual	Annual	€405	€580	€35	€50
	Annual Off-Peak*	€300	€405	N/A	N/A
	1 Month**	€40	€55	N/A	N/A
Couple	Annual	€710	€980	€60	€90
	1 Month**	€70	€100	N/A	N/A
O.A.P. (age I.D.reqd)	Annual	€300	€405	€25	€35
	Annual Off Peak*	€280	€380	N/A	N/A
	1 Month**	€30	€40	N/A	N/A
O.A.P. Couple (age I.D.reqd)	Annual	€500	€630	€45	€65
	1 Month**	€55	€75	N/A	N/A
Family (Max. 2 adult & 2 children)	Annual	€1,050	€1,485	€100	€140
	1 Month**	€120	€160	N/A	N/A
Student (with Valid Card/I.D.)	Annual	€300	€395	€25	€35
	1 Month**	€30	€40	N/A	N/A
Junior (15 to 17 years)***	Annual	€220	€290	€20	€25
	1 Month**	€25	€30	N/A	N/A
Disability (Card/I.D.)	Annual	€300	€395	€25	€35
	1 Month**	€30	€40	N/A	N/A
Unwaged (Card/I.D.)	1 Month**	€30	€40	N/A	N/A

Form FM9.23.3 updated 01.02.20

**€5 SUPPLEMENT PER PERSON FOR MONTHLY PAYMENTS
BY CASH/CREDIT CARD

* Off Peak hours are: 12 noon to 5pm Monday-Friday

*** Junior gym members must complete their gym session by 6.30pm.