

PORTMARNOCK SPORTS AND LEISURE CLUB FITNESS TIMETABLE [updated 21.08.20](#)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.15 am	Instructor's choice 40 mins	Instructor's choice 40 mins	Instructor's choice 40 mins	Instructor's choice 40 mins	Instructor's choice 40 min		
10:00 am	Spin 40 mins	Spin 40 mins	Spin 40 mins	Spin 40 mins	Spin 40 mins	Spin 40 mins	Spin 40 mins
11:00 am	Fitness Pilates 40 mins	Kettlebells and abs-40 mins	Fitness Pilates 40 mins	Fitness Pilates 40 mins	Strength & Tone 45 mins	Strength Body Blaster 45 mins	Kettlebells and Abs 45 mins
7:00 pm	Ultimate Spin 45 mins	Tone Class 45 mins	Ultimate Spin 45 mins	Strength & Kettlebells 40 mins			

- All classes must be booked online
- You must check in at reception on arrival
- Please use the hand sanitising stations provided
- Please wipe down equipment before and after use
- Please follow the one way system that has been set out
- You must provide your own towel / water / sanitser / wipes / mat
- Shower and changing are unavailable at this time
- If you are feeling unwell please cancel your gym booking and do not attend the gym
- Please follow all the recommended government guidelines on social distancing



SPIN	FITNESS PILATES	KETTLEBELLS AND ABS	TONE CLASS
<p>Moderate — high intensity cardiovascular workout on the best Keiser spin bikes. Fantastic console RPM , Watts, K-Cals and gear range 1—24 to monitor your progress</p>	<p>Shaping core strength, improved ability, breathing, posture, stamina and power.</p>	<p>Is an effective hand weight training tool for developing strength, power, endurance and increase fitness levels, mixed with a fun toning ab attack.</p>	<p>Body tone class using kettle bells , plates and body resistance to increase body strength.</p>
<p>STRENGTH and TONE</p>	<p>STRENGTH and BODY BLASTER</p>		
<p>Body tone class using weight to increase strength and overall muscle tone</p>	<p>High intensity class with elements of bootcamp, drills,using all available equipment. Working on power,endurance and core.</p>		

GYM OPENING HOURS: **Mon — Fri 7am - 8pm (classes only at 6.15am)**
Sat — Sun 10am - 5pm