

# January - March 2018

# Fitness Classes



Call Us on: 057 8681200 Find Us on [www.portlaoiseleisurecentre.ie](http://www.portlaoiseleisurecentre.ie)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-6:45am	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYPUMP</b>		
7-7:45am	<b>Indoor Cycle</b>	<b>Indoor Cycle</b>	<b>Indoor Cycle</b>				
10-10:45am	<b>ZUU</b>	<b>LES MILLS GRIT SERIES</b> <small>30-MINUTE HIGH-INTENSITY INTERVAL TRAINING</small>	<b>LES MILLS BODYPUMP</b>	<b>Indoor Cycle</b>	<b>Circuits</b>	<b>Indoor Cycle</b>	<b>Iron Ride</b>
11-11:45am	<b>LES MILLS BODYPUMP</b>	<b>STEP</b>	<b>Circuits</b>	<b>LES MILLS GRIT SERIES</b> <small>30-MINUTE HIGH-INTENSITY INTERVAL TRAINING</small>	<b>Indoor Cycle</b>	<b>LES Mills Select</b>	<b>LES Mills Select</b>
12-12:30am	<b>LES MILLS GRIT SERIES</b> <small>30-MINUTE HIGH-INTENSITY INTERVAL TRAINING</small>	<b>LES MILLS BODYPUMP Express</b>	<b>ZUU</b>			<p><b>AQUA</b> 45 MINUTE CLASS TUESDAY, THURSDAY &amp; FRIDAY 12.00PM MONDAY 9.00PM, TUESDAY 7.00PM, Thursday 8.00pm</p> <p><b>Karate</b> Saturday 1.00-2.00pm <b>Pilates</b> Wednesday 10-10.45am</p>	
12.30-1pm							
3.30pm - 5.30pm		<b>BORN TO MOVE</b>		<b>ZUU CHIMPS</b>	<b>BORN TO MOVE</b>		
5.30pm - 6.00pm	<b>Express Spin</b>	<b>LES MILLS GRIT SERIES</b> <small>30-MINUTE HIGH-INTENSITY INTERVAL TRAINING</small>	<b>LES MILLS BODYPUMP Express</b>				
6-6:45pm	<b>6.30PM ZUU</b>	<b>Indoor Cycle</b>	<b>STEP</b>	<b>Boxercise</b>			
7-7:45pm	<b>LES MILLS BODYPUMP</b>	<b>HIIT</b>	<b>LES MILLS BODYPUMP</b>	<b>Indoor Cycle</b>	<b>Express Spin</b>	<p>** ensure you have pre booked your class prior to entry. ** ensure you bring suitable clothing, towel and water. **inform your instructor of any injuries that you may have</p>	
8-8:45pm	<b>Indoor Cycle</b>	<b>LES MILLS BODYPUMP</b>	<b>Indoor Cycle</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYPUMP</b>		
9-9:45pm	<b>LES MILLS GRIT SERIES</b> <small>30-MINUTE HIGH-INTENSITY INTERVAL TRAINING</small>	<b>ZUU</b>	<b>LES MILLS GRIT SERIES</b> <small>30-MINUTE HIGH-INTENSITY INTERVAL TRAINING</small>	<b>RIP 60</b>			

Gym Opening Hours: Monday - Friday 6.00am-10.00pm Weekends 8.00am-6.00pm Public Holidays 9.30am-5.00pm





