

4th Sept - 31st Dec 2017

Fitness Classes



Portlaoise
Leisure Centre

Call Us on: 057 8681200 Find Us on  portlaoiseleisurecentre.ie

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-6:45am	LES MILLS BODYPUMP	LES MILLS BODYPUMP	LES MILLS BODYPUMP	LES MILLS BODYPUMP	LES MILLS BODYPUMP		
10-10:45am	Indoor Cycle	BOXERCISE	ZUU 10:15am	Indoor Cycle	STEP	Indoor Cycle	Indoor Cycle
11-11:45am	Bars & Bells	RIP:60 Abs (30min)	LES MILLS BODYPUMP	Ball Blast	LES MILLS BODYPUMP	Boxercise	Circuits
12-12:45am		Aqua		Aqua	Aqua	Pilates Wednesdays 6 week course Members €48 PAYASYOUGO €65 Karate 5 years+ €4	
3.30pm - 5.30pm		BORN TO MOVE			BORN TO MOVE		
6-6:45pm	Spin & Trim	LES MILLS BODYPUMP	Indoor Cycle	Boxercise			
7-7:45pm	ZUU 7:15pm	Indoor Cycle Aqua	LES MILLS BODYPUMP	LES MILLS BODYPUMP	SPINNING	Born to Move Times: Tuesday's (4-5's) 3:30-4:15pm Fridays (6-7's) 3:30-4:15pm Tuesday's (8-12's) 4:45-5:30pm Fridays (8-12's) 4:45-5:30pm €5 per class per child.	
8-8:45pm	LES MILLS BODYPUMP	Bars & Bells	Step	Indoor Cycle Aqua	LES MILLS BODYPUMP		
9-9:45pm	RIP:60 Abs (30min) Aqua	ZUU	Bodyball:Abs (30min)	H.I.R.T the Abs (30min)			

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