

Spencer Health Club

Fitness Class Timetable

March 2018

SPENCER
THE
HEALTH CLUB

Day	Time	Class
Monday	7.30 - 8.15	Spin – 45 minutes
	12.15 - 13.00	Push and Lift – 45 minutes
	18.00 - 18.30	Spin – 30 minutes
	18.45 - 19.30	Box-fit – 45 minutes
	19.45 - 20.15	RIP 60 - 30 minutes
Tuesday	7.15 - 8.15	RIP 60/Core – 60 minutes
	12.15 – 12.55	Power bag – 40 minutes
	13.15 – 13.45	Spin – 30 minutes
	18.00 – 18.45	Cardio combat and core – 45 minutes
	19.00 – 19.45	Yogalates – 45 minutes
Wednesday	7.15 – 8.15	Super Spin – 60 minutes
	12.15 – 12.45	Box-fit – 30 minutes
	13.15 – 13.45	Tabata Training – 30 minutes
	18.00 – 18.45	Cardio Attack – 45 minutes
	19.00 – 19.45	Triple A workout - 45 minutes
Thursday	7.15 - 8.15	Tabata Training and Core – 60 minutes
	12.15 - 13.00	Rip 60/Core – 45 minutes
	13.15 - 13.45	HIIT Spin – 30 minutes
	18.00 - 18.45	Push and Lift – 45 minutes
	19.00 – 19.45	Yogalates – 45 minutes
Friday	7.15 - 8.00	Kettlebell Camp – 45 minutes
	12.15 - 13.00	Push and Lift – 45 minutes
	13.15 - 13.45	Box-fit – 30 minutes
	18.00 - 18.45	Step and Tone – 45 minutes
Saturday	12.00- - 13.00	Tabata Training and Core – 60 minutes



The Spencer Health Club, Excise Walk, IFSC, Dublin 1. t:00353 (1)4338877

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