

| Time          | Monday  | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday   | Sunday  |
|---------------|---|---|---|--|---|--|---|
| 07.00 - 08.00 | Express Cycle<br>07.15 - 07.45<br>Cycling Studio<br>John          | Bootcamp<br>07.30 - 08.15<br>Fitness Studio<br>Mark               | Express Cycle<br>07.15 - 07.45<br>Cycling Studio<br>Jesus                 | Express Cycle<br>07.15 - 07.45<br>Cycling Studio<br>SCI            | Express Cycle<br>07.15 - 07.45<br>Cycling Studio<br>SCI         |  |   |
|               | Express Rip 60<br>07.45 - 08.15<br>Functional Zone<br>John        |   | Core Strength<br>07.45 - 08.15<br>Fitness Studio<br>Jesus                 | Boxfit<br>07.45 - 08.15<br>Fitness Studio<br>SCI                   | Core Strength<br>07.45 - 08.15<br>Fitness Studio<br>SCI         |  |   |
| 08.00 - 09.00 | 15 Minute Abs*<br>08.15 - 08.30<br>Wellness Studio<br>Garreth     | 15 Minute Abs*<br>08.15 - 08.30<br>Fitness Studio<br>Mark         |   |  |   |  |   |
|               |   |   |   |  |   |  |   |
| 09.00 - 10.00 | Virtual Cycle*<br>09.00 - 09.30<br>Cycling Studio                 | Virtual Cycle*<br>09.00 - 09.30<br>Cycling Studio                 | Virtual Cycle*<br>09.00 - 09.30<br>Cycling Studio                         | Virtual Cycle*<br>09.00 - 09.30<br>Cycling Studio                  | Virtual Cycle*<br>09.00 - 09.30<br>Cycling Studio               |  |   |
|               |   |   |   |  |   |  |   |
| 10.00 - 11.00 |   |   |   |  |   |  |   |
|               |   |   |   |  |   |  |   |
| 11.00 - 12.00 | Older Adult Fitness<br>11.15 - 12.00<br>Fitness Studio<br>Garreth |   | Older Adult Fitness<br>11.15 - 12.00<br>Fitness Studio<br>Jesus           |  |   |  | Bootcamp<br>11.00 - 11.45<br>Functional Zone<br>SCI |
|               |   |   |   |  |   |  |   |
| 12.00 - 13.00 | Virtual Cycle*<br>12.00 - 12.30<br>Cycling Studio                 |   | Virtual Cycle*<br>12.00 - 12.30<br>Cycling Studio                         | Virtual Cycle*<br>12.00 - 12.30<br>Cycling Studio                  | Virtual Cycle*<br>12.00 - 12.30<br>Cycling Studio               | Total Body Strength<br>12.00 - 13.00<br>Functional Zone<br>SCI |   |
|               | Total Body Strength<br>12.15 - 13.00<br>Fitness Studio<br>Garreth | Military Bootcamp**<br>12.30 - 13.00<br>Functional Zone<br>Eoghan | HIIT<br>12.30 - 13.00<br>Fitness Studio<br>Garreth                        | Metcon<br>12.30 - 13.00<br>Fitness Studio<br>Bon                   |   |  |   |
| 13.00 - 14.00 | Yoga**<br>13.00 - 14.00<br>Wellness Studio<br>Fernanda            | Pilates**<br>13.00 - 14.00<br>Fitness Studio<br>Karita            | Core Strength<br>13.05 - 13.50<br>Wellness Studio<br>Jesus                | Core Strength<br>13.05 - 13.50<br>Fitness Studio<br>SCI            | Pilates**<br>13.00 - 14.00<br>Fitness Studio<br>Lena            |  |   |
|               | Studio Cycling<br>13.05 - 13.50<br>Cycling Studio<br>Dylan        | Studio Cycling<br>13.05 - 13.50<br>Cycling Studio<br>Jesus        | Studio Cycling<br>13.05 - 13.50<br>Cycling Studio<br>Garreth              |  | Studio Cycling<br>13.05 - 13.50<br>Cycling Studio<br>SCI        |  |   |
|               | Bootcamp<br>13.05 - 13.50<br>Functional Zone<br>Eoghan            | Trinity Staff Class<br>13.05 - 13.50<br>Wellness Studio<br>Mark   | Bonz Body Blast Adv.<br>13.05 - 13.50<br>Functional Zone<br>Bon           | Bonz Body Blast Adv.<br>13.05 - 13.50<br>Functional Zone<br>Bon    | Bonz Body Blast Adv.<br>13.05 - 13.50<br>Functional Zone<br>Bon |  |   |
|               | Boxfit<br>13.05 - 13.50<br>Fitness Studio<br>Garreth              | Kettlebells<br>13.05 - 13.50<br>Functional Zone<br>Bon            | Boxfit<br>13.05 - 13.50<br>Fitness Studio<br>John                         | HIIT Cycle<br>13.15 - 13.45<br>Cycling Studio<br>SCI               |   |  |   |
| 14.00 - 15.00 |   |   |   |  |   | Virtual Cycle*<br>14.00 - 14.30<br>Cycling Studio              | Virtual Cycle*<br>14.00 - 14.30<br>Cycling Studio   |
|               |   |   |   |  |   |  |   |
| 15.00 - 16.00 |   |   |   |  |   |  |   |
|               |   |   |   |  |   |  |   |
| 16.00 - 17.00 | Virtual Cycle*<br>16.00 - 16.30<br>Cycling Studio                 | Virtual Cycle*<br>16.00 - 16.30<br>Cycling Studio                 | Virtual Cycle*<br>16.00 - 16.30<br>Cycling Studio                         | Virtual Cycle*<br>16.00 - 16.30<br>Cycling Studio                  | Virtual Cycle*<br>16.00 - 16.30<br>Cycling Studio               | Virtual Cycle*<br>16.00 - 16.30<br>Cycling Studio              | Virtual Cycle*<br>16.00 - 16.30<br>Cycling Studio   |
|               | Yogalates<br>16.30 - 17.00<br>Wellness Studio<br>Catriona         | Yogalates<br>16.00 - 16.30<br>Wellness Studio<br>Catriona         |   |  |   |  |   |
|               |   | Yogalates<br>16.30 - 17.00<br>Wellness Studio<br>Catriona         |   |  |   |  |   |
| 17.00 - 18.00 | Yogalates<br>17.00 - 17.30<br>Wellness Studio<br>Catriona         | Power Pump<br>17.15 - 18.05<br>Fitness Studio<br>Catriona         | Total Body Strength<br>17.15 - 18.00<br>Functional Zone<br>Dylan          | Ballet Sculpt**<br>17.30 - 18.15<br>Fitness Studio<br>Chris        | Bootcamp<br>17.15 - 18.00<br>Functional Zone<br>SCI             |  |   |
|               | Combo<br>17.10 - 17.55<br>Functional Zone<br>Dylan                | Kettle/Rip<br>17.15 - 18.00<br>Functional Zone<br>John            | Combo<br>17.30 - 18.00<br>Fitness Studio<br>Garreth                       | Strength & Conditioning<br>17.30 - 18.15<br>Functional Zone<br>SCI | Arms & Abs**<br>17.30 - 18.00<br>Fitness Studio<br>Delys        |  |   |
|               | Vo2 Spin**<br>17.30 - 18.15<br>Cycling Studio<br>Delys            | Vo2 Spin**<br>17.15 - 18.00<br>Cycling Studio<br>Delys            |   | Core Conditioning**<br>17.40 - 18.00<br>Wellness Studio<br>Delys   |   |  |   |
|               | Trinity Staff Class<br>17.30 - 18.15<br>Fitness Studio<br>Jesus   |   |   |  |   |  |   |
| 18.00 - 19.00 | Kettlebells<br>18.00 - 18.45<br>Functional Zone<br>Mark           |   | Boogie Beast<br>Dance Fitness**<br>18.00 - 19.00<br>Fitness Studio<br>Sly | Interval Spin**<br>18.15 - 18.45<br>Cycling Studio<br>Delys        |   |  |   |
|               | Step & Pump<br>18.30 - 19.30<br>Fitness Studio<br>Catriona        | Boxfit<br>18.15 - 19.00<br>Fitness Studio<br>Garreth              |   |  |   |  |   |
|               | Vo2 Spin**<br>18.30 - 19.15<br>Cycling Studio<br>Delys            | Studio Cycling<br>18.15 - 19.00<br>Cycling Studio<br>Dylan        | Studio Cycling<br>18.15 - 19.00<br>Cycling Studio<br>John                 |  | Vo2 Spin**<br>18.15 - 19.00<br>Cycling Studio<br>Delys          |  |   |
|               | Core Strength<br>18.30 - 19.00<br>Wellness Studio<br>Jesus        |   | Kettlebells<br>18.15 - 19.00<br>Functional Zone<br>Mark                   |  |   |  |   |
| 19.00 - 20.00 | Stretch & Flex<br>19.00 - 19.15<br>Wellness Studio<br>Jesus       | Bootcamp<br>19.00 - 19.45<br>Functional Zone<br>Dylan             | Military Bootcamp**<br>19.00 - 19.45<br>Functional Zone<br>Eoghan         | Interval Spin**<br>19.00 - 19.30<br>Cycling Studio<br>Delys        |   |  |   |
|               |   | Zumba**<br>19.00 - 20.00<br>Fitness Studio<br>Inna                | Cardio Abs**<br>19.50 - 20.20<br>Functional Zone<br>Eoghan                | Core Conditioning**<br>19.40 - 20.00<br>Fitness Studio<br>Delys    |   |  |   |
|               |   | Core Strength<br>19.45 - 20.05<br>Functional Zone<br>Dylan        |   |  |   |  |   |
| 20.00 - 21.00 | Virtual Cycle*<br>20.00 - 20.30<br>Cycling Studio                 | Virtual Cycle*<br>20.00 - 20.30<br>Cycling Studio                 | Virtual Cycle*<br>20.00 - 20.30<br>Cycling Studio                         | Virtual Cycle*<br>20.00 - 20.30<br>Cycling Studio                  | Virtual Cycle*<br>20.00 - 20.30<br>Cycling Studio               |  |   |
|               |   |   |   |  |   |  |   |

To book a class contact reception on 01 896 1812

Annual class pass

- Costs €150 and is available to annual members
- Entitles you access to all classes except those marked with \*\*

Pay as you go pricing

- Members:  
Classes marked with \*\* €5.50  
Classes marked with \* free  
All 20-30 minute classes €2.50  
All other classes €4.50
- Non-members:  
All 20-30 minute classes €4.50  
All other classes €10