<table>
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<tr>
<th>MON</th>
<th>TUE</th>
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<th>FRI</th>
<th>SAT</th>
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<tbody>
<tr>
<td><strong>EXPRESS CYCLE</strong></td>
<td><strong>FITNESS STUDIO</strong></td>
<td><strong>7.10 - 7.40</strong></td>
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<tr>
<td><strong>VINAYASA YOGA WELLNESS STUDIO</strong></td>
<td><strong>04 Nov - 09 Dec</strong></td>
<td><strong>7.30 - 8.30</strong></td>
<td><strong>YOGA WELLNESS STUDIO</strong></td>
<td><strong>06 Nov - 11 Dec</strong></td>
<td><strong>7.30 - 8.30</strong></td>
<td><strong>CORE STRENGTH FITNESS STUDIO</strong></td>
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<tr>
<td><strong>BOXFIT FITNESS STUDIO</strong></td>
<td><strong>7.45 - 8.30</strong></td>
<td><strong>FOAM ROLLER RECOVERY FITNESS STUDIO</strong></td>
<td><strong>8.15 - 9.30</strong></td>
<td><strong>POWER PUMP</strong></td>
<td><strong>7.45 - 8.15</strong></td>
<td><strong>STUDIO CYCLE SPIN STUDIO</strong></td>
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<tr>
<td><strong>GAL</strong></td>
<td><strong>FITNESS STUDIO</strong></td>
<td><strong>12.15 - 13.45</strong></td>
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<td><strong>FITNESS STUDIO</strong></td>
<td><strong>13.05 - 13.50</strong></td>
<td><strong>ROW FIT</strong></td>
<td><strong>BALLY</strong></td>
<td><strong>13.05 - 13.00</strong></td>
<td><strong>ROW FIT</strong></td>
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<tr>
<td><strong>ANCILLARY HALL</strong></td>
<td><strong>13.05 - 13.50</strong></td>
<td><strong>HEART RATE CYCLE SPIN STUDIO</strong></td>
<td><strong>13.05 - 13.50</strong></td>
<td><strong>DAVID</strong></td>
<td><strong>13.05 - 13.50</strong></td>
<td><strong>HIIT CYCLE SPIN STUDIO</strong></td>
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<tr>
<td><strong>BOOTCAMP ANCILLARY HALL</strong></td>
<td><strong>13.05 - 13.50</strong></td>
<td><strong>MULTIFIT ANCILLARY HALL</strong></td>
<td><strong>13.05 - 13.50</strong></td>
<td><strong>BOOTCAMP</strong></td>
<td><strong>13.05 - 13.50</strong></td>
<td><strong>PIATES WELLNESS STUDIO</strong></td>
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<tr>
<td><strong>STEP AEROBICS FITNESS STUDIO</strong></td>
<td><strong>13.05 - 13.50</strong></td>
<td><strong>PILATES</strong></td>
<td><strong>FITNESS STUDIO</strong></td>
<td><strong>13.05 - 13.50</strong></td>
<td><strong>PILATES WELLNESS STUDIO</strong></td>
<td><strong>13.05 - 13.50</strong></td>
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<tr>
<td><strong>YOGALATES WELLNESS STUDIO</strong></td>
<td><strong>17.00 - 17.30</strong></td>
<td><strong>PILATES BEGINNER</strong></td>
<td><strong>FITNESS STUDIO</strong></td>
<td><strong>16.30 - 17.00</strong></td>
<td><strong>HIIT CYCLE SPIN STUDIO</strong></td>
<td><strong>18.00 - 18.30</strong></td>
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<tr>
<td><strong>VINAYASA YOGA WELLNESS STUDIO</strong></td>
<td><strong>04 Nov - 09 Dec</strong></td>
<td><strong>STEP &amp; TONE</strong></td>
<td><strong>FITNESS STUDIO</strong></td>
<td><strong>17.15 - 18.15</strong></td>
<td><strong>VINAYASA YOGA WELLNESS STUDIO</strong></td>
<td><strong>18.00 - 19.00</strong></td>
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<td><strong>BOXFIT</strong></td>
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<tr>
<td><strong>POWER PUMP</strong></td>
<td><strong>FITNESS STUDIO</strong></td>
<td><strong>18.15 - 19.00</strong></td>
<td><strong>PIATES BEGINNER</strong></td>
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<tr>
<td><strong>VINAYASA YOGA WELLNESS STUDIO</strong></td>
<td><strong>05 Nov - 10 Dec</strong></td>
<td><strong>ZUMBA</strong></td>
<td><strong>FITNESS STUDIO</strong></td>
<td><strong>19.00 - 20.00</strong></td>
<td><strong>VINAYASA YOGA WELLNESS STUDIO</strong></td>
<td><strong>19.00 - 20.00</strong></td>
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**FITNESS CLASSES**
- **TRINITY LINE | WEIGHT CONTROL**
- **TRINITY TONE | INTENSITY**
- **TRINITY BALANCE | RELAX**
- **TRINITY RHYTHM | CHOREOGRAPHY**

**WELLNESS COURSES**
- **ALL WELLNESS COURSES 6 WEEKS LONG**
- **PRICES: MEMBER €49 / NON-MEMBER €99**

**EXPRESS/STUDIO CYCLE**
This class is a great cardiovascular workout. Pedal through hill climbs, sprints and intervals.

**GAL**
This class will challenge all the major glute muscles and condition your lower body, it will also focus on the core and abs region to ensure a tight abdominal wall.

**BOOTCAMP**
Full body workout suitable for all fitness levels. Burn body fat, increase muscular endurance and build strength.

**POWER PUMP**
Practicing power pump, the body begins to function at it’s peak, stamina rises, strength improves and body confidence hits an all-time high.

**FOAM ROLLER RECOVERY**
Helps to release trigger points, increase blood flow, and improve tissue quality.

**HEART RATE CYCLE**
MYZONE heart rate tracking has arrived take your training to the next level. Use your MyZone heart rate monitor to measure your heart rate and track your calories burned throughout the class. Get fitter faster!

**STEP & TONE/STEP AEROBICS**
Get lean, toned and fit! Set to the rhythm of motivating music.

**ZUMBA**
Through both high and low intensity movements, you’ll be dancing your way through this calorie burner Zumba class!

**CORE STRENGTH**
Work your abs, back, butt and obliques to build a strong core.

**ROW FIT**
Get an entire body workout. Rowing is one of the most effective cardio workouts you can do, working 85% of your muscles, improving your endurance and transforming your body shape.

**MULTIFIT**
The Multifit programme, Multifit is designed to provide an excellent functional full-body workout while improving stamina and increasing metabolic rate.

**YOGALATE**
Harmonizing yoga and Pilates, this energetic partnership of spiritual and physical exercise techniques revitalize the mind and body.

**YOGA VINYASA**
Focusing on alignment, breathing and flowing sequences. Build strength and flexibility while increasing ease and peace of mind.

**HIIT CYCLE**
Cardiovascular workout. Pedal through hill climbs, sprints and intervals.

**PIATES**
Focusing on breathing, controlled movement, deep body awareness and mind body connection.

**ADULT HIP HOP**
Through both high and low intensity movements, you’ll be dancing your way through this calorie burner Hip Hop class!

**WEIGHTS & HIIT**
Increase strength capacity and endurance with this HIIT weight and cardio class.