



**THE SPA**  
AT SLIEVE DONARD

# SPA TIMETABLE

Autumn 2019

DAY	TIME	CLASS
<b>MONDAY</b>	7 - 7.45am	Workout of the Day
	9.30 - 10.15am	Spin
	9.30 - 10.30am	Tai Chi
	11 - 12pm	Aqua Circuits
	6 - 7pm	Circuits
	7.30 - 8pm	HIIT
	8 - 9pm	Pilates

DAY	TIME	CLASS
<b>TUESDAY</b>	7 - 7.30am	HIIT
	9.30 - 10.15am	Workout of the Day
	10 - 11am	Aqua Circuits
	6 - 6.45pm	Cardio Blast
	7.15 - 8.15pm	Adult Swim Class
	7.30 - 8pm	Spin

DAY	TIME	CLASS
<b>WEDNESDAY</b>	7 - 7.30am	Spin
	9.30 - 10.15am	Cardio Blast
	9.30 - 10.30am	Yoga
	6 - 7pm	Circuits
	6 - 7pm	Aqua Circuits
	7.30 - 8.15pm	Workout of the Day

DAY	TIME	CLASS
<b>THURSDAY</b>	7 - 7.45am	Cardio Blast
	9.30 - 10.15am	Circuits
	6 - 6.45pm	Workout of the Day
	7 - 7.45pm	Boxfit
	7.30 - 8.15pm	Aqua Zumba

DAY	TIME	CLASS
<b>FRIDAY</b>	7 - 7.30am	HIIT
	9.30 - 10.15am	Spin
	10 - 11am	Aqua Aerobics
	6 - 7pm	Circuits
	7.30 - 8pm	HIIT
	8 - 9pm	Pilates

DAY	TIME	CLASS
<b>SATURDAY</b>	9.15 - 10am	Spin
	9 - 10am	Yoga
	10.15 - 11.15am	Yoga
	11 - 12pm	Spa Run
	3 - 3.45pm	Workout of the Day

DAY	TIME	CLASS
<b>SUNDAY</b>	9.30 - 10am	HIIT
	12 - 1pm	Boxfit
	3 - 3.45pm	Cardio Blast

