

# Class Timetable



## Live Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am (30) Spin	7am (30) Spin	7am (30) Spin	7am (30) Body Pump	7am (30) Spin	9:30am (30) Spin
9:15am (30) Aqua Aerobics	10am (45) Total Body Tone	9:30am (45) Meet & Train	10am (45) Circuit Training	9:30am (45) Meet & Train	10:15am (30) Total Body Tone/ Body Pump
11:30am (30) Age Friendly Spin	11am (30) Pilates	11am (45) <b>Beginners</b> Total Body Tone	1:15pm (30) Kettlebells	11:30am (30) Age Friendly Spin	
1:15pm (30) Spin	1:15pm (30) Body Pump	1:15pm (30) Spin	4:45pm (30) Spin	1:15pm (30) Spin	<b>Sunday</b>
4:45pm (30) Body Pump	5:30pm (30) Step Aerobics	4:30pm (30) Teen Spin	5:30pm (45) Pilates	5:30pm (45) Body Pump	10:30am (30) Spin
5:30pm (30) Spin	6:15pm (45) Body Pump	5:30pm (45) Body Pump	6:30pm (30) Total Body Tone	6:30pm (30) Spin	11:15am (30) Circuit Training
6:15pm (45) Kettlebells	7:15pm (30) Spin	6:30pm (30) Spin			5pm (30) Body Pump
8pm (45) Men On The Move		7:30pm (30) Kettlebells			

Monday Virtual	Tuesday Virtual	Wednesday Virtual	Thursday Virtual	Friday Virtual	Saturday Virtual
8am Body Pump	8am RPM	8am Core Strength	8am RPM	8am Core Strength	1pm Body Attack
12:15pm Body Attack	2:15pm Grit Strength	8:45am Body Pump	2:15pm Body Attack	9am Body Pump	3pm Body Pump
2:15pm Core Strength	9:30pm Sprint	9:30pm Body Combat	3:30pm Grit Cardio	2:15pm Body Combat	5pm RPM
			9:30pm Body Pump	4pm Grit Athletic	

## Les Mills Virtual Workouts

Sunday Virtual
1pm Body Pump
3pm Sprint

Issued: March 16th 2022  
Classes are subject to change at short notice



NB: Classes cannot be refunded, credited or transferred - please take care before you book

<b>Body Attack (Les Mills)</b>	A full body workout with athletic movements such as running, lunging and jumping with strength exercises
<b>Body Pump (Les Mills)</b>	Full body barbell workout - high repetitions of squats, presses, lifts and curls with light to moderate weights
<b>Core Strength (Les Mills)</b>	This workout exercises muscles around the core to tighten and tone the abs, glutes, back and obliques
<b>GRIT Athletic (Les Mills)</b>	Thirty minute High Intensity Interval Training Plyometric based workout
<b>GRIT Cardio (Les Mills)</b>	Thirty minute High Intensity Interval Training workout that improves cardiovascular fitness
<b>GRIT Strength (Les Mills)</b>	Thirty minute High Intensity Interval Training workout, designed to improve strength and build lean muscle
<b>RPM/Sprint (Les Mills)</b>	RPM and Sprint are low impact Spin Cycling Classes where you control the intensity
<b>Aqua Aerobics</b>	Low impact exercise to music in the shallow end of the main pool, using the water for resistance
<b>Circuit Training</b>	A series of strength and cardiovascular exercises performed in rotation where you control the intensity
<b>Kettlebells</b>	High intensity workout with Kettlebell weights to build strength and improve muscle tone
<b>Men On The Move</b>	Track based exercise for men of all ages and levels of fitness
<b>Meet and Train</b>	Track based exercise for adults of all ages and levels of fitness, parents are welcome to bring children
<b>Pilates</b>	Low impact muscle strengthening exercises designed to improve core strength, posture and flexibility
<b>Spin</b>	Low impact high intensity indoor cycling class which improves cardio endurance and fitness
<b>Step Aerobics</b>	High intensity cardiovascular workout involving stepping up on and down from a step
<b>Total Body Tone</b>	A series of body weight exercises of varying intensity, targeting all the main muscle groups

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## Class Prices

<b>Watershed Fitness Classes</b>	<b>Pay As You Go (Non-Member)</b>	<b>Pool Only Members</b>	<b>Gym Only Members</b>	<b>Universal Members</b>
<b>45 - 60 Minute Class</b>	€8	€8	Free	All Classes Free
<b>30 Minute Class</b>	€6	€6	Free	
<b>Aquafit Class</b>	€6	Free	€6	



<b>Special Priced Classes</b>	<b>Teen Classes</b>	<b>Age Friendly Classes</b>	<b>Meet &amp; Train/ Men On The Move</b>
	€3	€3	€3

## Additional Classes at The Watershed delivered by Freelance (non-Watershed) Instructors:

- ◆ All queries in relation to these outside classes i.e. Yoga, Taekwondo, Martial Arts, Gymnastics etc should be directed to the Freelance Instructors whose contact details are detailed on this page on our website <https://www.thewatershed.ie/gym-overview/freelance-class-timetable/>
- ◆ The Watershed do not take bookings for these classes

**Have a query?**  
Contact us at  
[www.thewatershed.ie](http://www.thewatershed.ie)  
or on Social Media!

