

Class Timetable



Issued: November 21st 2022 Revised: December 14th 2022

Live Classes

Monday

- 7am (30)
Spin
- 9:15am (30)
Aqua Aerobics
- 11am (30)
Age Friendly Spin
- 1:15pm (30)
Body Pump
- 5pm (30)
Box Fit
- 5:45pm (30)
Spin
- 6:30pm (45)
Kettlebells
- 8pm (45)
Men On The Move

Tuesday

- 7am (30)
Total Body Tone
- 9:30am (45)
Meet & Train
- 11am (45) Beginners
Total Body Tone
- 1:15pm (30)
Spin
- 5:30pm (45)
Body Pump
- 6:30pm (30)
Spin

Wednesday

- 7am (30)
Spin
- 9:30am (45)
Meet & Train
- 11am (30)
Age Friendly Spin
- 1:15pm (30)
Spin
- 4:30pm (30)
Teen Spin
- 5:30pm (45)
Body Pump
- 6:30pm (30)
Spin
- 7:15pm (45)
Kettlebells

Thursday

- 7am (30)
Spin
- 10am (45)
Total Body Tone
- 11am (30)
Ab Attack
- 1:15pm (30)
Spin
- 5:30pm (30)
Aerobics
- 6:15pm (45)
Body Pump
- 7:15pm (30)
Spin

Friday

- 7am (30)
Spin
- 10am (45)
Circuit Training
- 1:15pm (30)
Kettlebells
- 5pm (30)
Spin
- 5:45pm (30)
Ab Attack
- 6:30pm (30)
Total Body Tone

Saturday

- 9:30am (30)
Spin
- 10:15am (30)
Total Body Tone/
Body Pump

Sunday

- 10:30am (30)
Spin
- 11:15am (30)
Circuit Training
- 5pm (30)
Body Pump

See Over for Les Mills Virtual Classes

Timetable is subject to change at short notice. Subscribe to notifications on our App to receive Class Alerts

LES MILLS
BODY PUMP



**** NB ****

PAYG - classes cannot be refunded, credited or transferred - please take care before you book

MEMBERS - non attendance at classes booked will invoke our 'Strike' Policy

ALL CUSTOMERS - you must check in at Reception before taking part in any class, even if you are a Member with free classes



Les Mills Virtual Workouts Book Online or via Mobile App

30 Minutes €6

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

Class Descriptions

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

Class Prices

Watershed Fitness Classes	Pay As You Go (Non-Member)	Pool Only Members	Gym Only Members	Universal Members
45 - 60 Minute Class	€8	€8	Free	All Classes Free
30 Minute Class	€6	€6	Free	
Aquafit Class	€6	Free	€6	
Special Priced Classes	Teen Classes	Age Friendly	Meet & Train	Men On The Move
	€3	€4	€3	€3



**Have a query?
Contact us at
www.thewatershed.ie
or on Social Media!**



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