



Fitness Class Timetable

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

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

7am (30) L
SPIN 

7:45am (30) V
GRIT CARDIO

8:45am (45) V
BODY BALANCE

9:15am (30) L
AQUA FIT

11am (30) L
GOLDEN SPIN 

12pm (45) V
BODY ATTACK

1:15pm (30) L
BODY PUMP

2:30pm (30) V
GRIT STRENGTH

4pm (30) V
CORE

5pm (30) L
BOX

5:45pm (30) L
SPIN 

6:30pm (30) L
KETTLEBELLS

7am (30) L
TONE

7:45am (45) V
BODY PUMP

8:45am (30) V
CORE

11:15am (45) L
TONE

1:15pm (30) L
SPIN 


2pm (30) V
BODY BALANCE

3:30pm (45) V
BODY ATTACK

5:30pm (45) L
BODY PUMP

6:30pm (30) L
SPIN 

7:15pm (30) L
TONE

7am (30) L
SPIN 


8am (45) V
BODY ATTACK

9am (30) V
BODY PUMP

9:30am (45) L
MEET & TRAIN

11am (45) L
TONE

1pm (45) L
CIRCUITS

2pm (30) V
SPRINT 

3pm (30) V
GRIT STRENGTH

4:15PM (45) V
BODY COMBAT

5:15pm (45) L
COUCH TO 5K

6:15pm (45) L
BODY PUMP

7:15pm (30) L
CORE & STRETCH

9:15pm (30) V
BODY PUMP

7am (30) L
TONE

7:45am (30) V
BODY ATTACK

8:30am (45) V
BODY COMBAT

10am (45) L
BODY BLAST

11am (30) L
AB ATTACK

1:15pm (30) L
THE TRIP 

2pm (30) V
RPM 

3pm (30) V
GRIT CARDIO

4pm (45) V
BODY BALANCE

5pm (30) L
BODY PUMP

5:45pm (30) L
SPIN 

6:30pm (30) L
TONE

9:15pm (30) V
SH'BAM

7am (30) L
SPIN 

7:45am (30) V
BODY BALANCE

8:30am (45) V
BODY PUMP

9:30am (45) L
MEET & TRAIN

11am (30) L
GOLDEN SPIN 

1:15pm (30) L
KETTLEBELLS

2pm (30) V
GRIT CARDIO

3pm (30) V
SPRINT 


4pm (45) V
BODY COMBAT

5pm (30) L
SPIN 

5:45pm (30) L
AB ATTACK

6:30pm (30) L
TONE

8:15pm (30) V
BODY BALANCE

9:30am (30) L
SPIN 

10:15am (30) L
BODY BLAST

1:30pm (30) L
SPIN *PAYG 

2:15pm (45) V
BODY BALANCE

3:15pm (30) V
BODY PUMP

5pm (30) V
RPM 


Sunday

10:30am (30) L
SPIN 

11:15am (30) L
CIRCUITS *PAYG

1pm (30) L
BODY PUMP

2pm (45) V
BODY ATTACK

3:15pm (30) V
SPRINT 

5pm (30) V
CORE



11 September 2023

No Refund Policy on all classes booked
4 Hour Cut-Off for changing any class booking
PAYG* all customers (incl Members) pay to attend class

L = Instructor lead class V = Les Mills Virtual class
Please see over for more Information

Ab Attack	Series of exercises targeting muscles around the core to tighten & tone the abs, glutes, back and obliques
Aqua Fit	Low impact exercise to music in the shallow end of the main pool, using the water for resistance
Body Attack (Les Mills)	A full body workout with athletic movements such as running, lunging and jumping with strength exercises
Body Balance (Les Mills)	A yoga-based class combining strength, flexibility and mindfulness for improving overall health & wellness
Body Blast	A high impact high intensity class of metcon workouts for the ultimate calorie burn while building strength
Body Combat (Les Mills)	A high-energy mixed martial arts themed cardio workout that is totally non-contact
Body Pump (Les Mills)	Full body barbell workout - high repetitions of squats, presses, lifts and curls with light to moderate weights
Box	A thirty minute boxing style cardio and core strength workout designed for all fitness levels
Circuits	A series of strength and cardiovascular exercises performed in rotation at various intensities
Core (Les Mills)	Series of exercises targeting muscles around the core to tighten & tone the abs, glutes, back and obliques
Couch to 5K	A running club for beginner and elite runners
Golden Spin	Low impact indoor cycling class tailored specifically for older adults
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
Kettlebells	High intensity workout with Kettlebell weights to build strength and improve muscle tone
Meet and Train	Track based exercise for adults of all ages and levels of fitness, parents are welcome to bring children
RPM/Sprint (Les Mills)	RPM and Sprint are low impact Spin Cycling Classes where you control the intensity
SH'BAM (Les Mills)	A fun dance style workout combining cardio, muscle conditioning, balance and flexibility
Spin	Low impact high intensity indoor cycling class which improves cardio endurance and fitness
Tone	A series of body weight exercises of varying intensity, targeting all the main muscle groups

Class Prices

NB: Classes cannot be refunded - Strike Policy in operation for all non-attendances*

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	Meet & Train	Golden Spin*
	€3	€4

*formerly age friendly spin

***Strike Policy:** the cut-off for changing or cancelling any booking is four hours. Any booking changes or cancellations less than four hours before the start time of the class will lead to a Strike being applied to the customer/member's account. After two strikes are received, the customer/member will receive a seven day class booking ban. All customers including members with free classes, must do two things 1. swipe in with fob at Reception or check in with Receptionist on duty and 2. sign-in with the Instructor in the Fitness Studio

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

All queries in relation to outside classes i.e. Pilates, Soccer, Yoga, KCH, Taekwondo, Martial Arts, Gymnastics, Water Safety, Kilkenny Swim Club, etc should be directed to the Freelance Instructors who deliver same. The Watershed do not take bookings or enquiries for these classes

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

