

# Class Timetable

Non-Members 45/60 minute classes €7  
 Non-Members 30 minute classes €5  
 Universal Members all classes FREE of charge  
 All other Members €3/€2.50 per class or \*Members Free



L - 'Live' Instructor lead class  
 V - 'Virtual' class (big screen workout!)

## Monday

6:30	LM Body Combat	30	V
7:15	Spin & Tone*	45	L
8:00	LM Body Balance	30	V
9:00	LM CX Worx	30	V
10:00	H.I.I.T.	45	L
11:00	Active Ret Spin	30	L
12:00	LM CX Worx	30	V
1:15	LM Body Pump	30	L
4:30	LM Sh'Bam	45	V
5:30	Spinning	30	L
6:00	LM Body Pump	45	L
7:00	Spinning	45	L
8:00	LM Body Combat	60	V

## Tuesday

6:30	LM CX Worx	V	30
7:15	Spinning*	L	45
8:00	LM CX Worx	V	30
9:30	LM Body Balance	V	60
10:30	LM Body Pump	L	45
11:30	Spinning*	L	45
1:15	Spinning	L	30
2:00	LM Body Pump	V	45
3:00	LM CX Worx	V	30
6:00	Spinning	L	60
4:30	Teen Spin	L	30
7:00	LM Body Pump	L	45
7:15	Aqua Fit*	L	45
8:00	LM CX Worx	V	30
8:30	LM Body Combat	V	60

## Wednesday

6:30	LM Body Combat	V	30
7:00	LM Body Pump	L	45
8:00	LM Body Balance	V	30
10:00	Meet and Train	L	45
11:00	Spinning	L	45
1:15	LM Body Pump	L	30
2:00	LM Body Balance	V	30
5:00	LM Sh'Bam Kids!	V	30
5:45	Spinning	L	45
6:30	Kettlebells	L	45
7:15	LM Body Combat	V	60
8:30	LM CX Worx	V	30

## Thursday

6:30	LM CX Worx	V	30
7:15	Spin and Tone	L	45
8:00	LM Body Combat	V	30
9:00	LM Body Balance	V	30
9:30	H.I.I.T.*	L	45
10:25	LM CX Worx	V	30
11:00	Beginner's Spin	L	45
12:30	LM CX Worx	V	30
1:15	Spinning*	L	30
2:00	LM Sh'Bam	V	30
3:30	LM Sh'Bam	V	45
4:30	Teen Spin	L	30
6:00	LM Body Pump	L	45
7:00	LM CX Worx	V	30
7:30	LM Body Combat	V	60

## Friday

6:30	LM Body Balance	V	30
7:00	Spinning*	L	45
8:00	LM CX Worx	V	30
9:30	Meet and Train*	L	45
10:00	LM Sh'Bam	V	45
11:00	Total Body Tone*	L	45
1:15	LM Body Pump	L	30
2:15	LM Sh'Bam	V	30
2:50	LM Body Combat	V	30
3:25	LM CX Worx	V	30
4:00	LM Body Combat	V	30
5:00	LM Sh'Bam	V	30
5:45	Kettlebells*	L	45
6:30	Spinning*	L	30
7:00	Body Pump	V	60
8:00	Body Balance	V	60

## Saturday

8:00	LM Body Balance	V	30
8:45	LM Body Combat	V	30
9:30	LM Body Pump	V	60
10:30	LM CX Worx	V	30
11:00	Spinning	L	30
12:00	LM CX Worx	V	30
12:30	LM Sh'Bam	V	45
1:30	LM CX Worx	V	30
2:00	LM Body Combat	V	60
3:00	LM Body Balance	V	60
4:00	LM Sh'Bam	V	30
4:30	LM Body Balance	V	30
5:00	LM Body Pump	V	45

## Sunday

9:00	LM Body Balance	V	60
10:00	Spinning	L	30
11:00	LM Body Pump	V	60
12:00	LM Body Combat	V	60
2:30	LM Sh'Bam	V	60
5:00	LM CX Worx	V	30

<b>Aqua Fit:</b>	Low impact exercise to music in our swimming pool. Helps increase muscle strength and joint flexibility, aids recovery from injury and increases confidence in the water.
<b>H.I.I.T:</b>	Interval training at a high intensity using a mixture of body weight, light weights and studio barbells. Increases metabolic conditioning (calorie burn) and builds muscle tone.
<b>Kettlebells:</b>	High intensity workout with Kettlebell weights. Builds strength and muscle tone.
<b>Meet &amp; Train:</b>	Designed for adults who may be new to exercise or those who would like to get back to a more active lifestyle after a period of inactivity. Pushchairs/prams are allowed on the track for parents with babies. Individuals who want to incorporate running into their fitness programme are welcome to take part in this class.
<b>Spinning:</b>	Including Active Retirement Spin, Beginner's Spin and Teen Spin. Spinning is a low impact high intensity indoor cycling class which improves cardio endurance and fitness.
<b>Spin and Tone:</b>	A mixture of Spin Cycling and body weight exercises of mixed intensity.
<b>Total Body Tone:</b>	A high intensity cardio endurance work-out. Improves cardio endurance and fitness.

## Les Mills Workouts

<b>LM Body Balance:</b>	A motivating blend of yoga with tai chi and pilates to build flexibility, strengthen the entire body and reduce stress. Breathing control is part of all exercises which helps to focus the mind and create a lasting sense of wellbeing and calm. Focus on: flexibility and strength
<b>LM Body Combat</b>	Energetic, fast-paced, stress-busting workout using non-contact martial arts inspired exercises to tone your legs, arms, back and shoulders and strengthen your core – destroying calories and developing agility, co-ordination and speed. Focus on: cardio.
<b>LM Body Pump:</b>	Full body barbell workout based on the 'rep effect', which is performing high repetitions of exercises like squats, presses, lifts and curls with light to moderate weights to get the body lean, toned and fit and improve core strength and bone health. Focus on: strength.
<b>LM Sh'Bam:</b>	The ultimate dance workout - no dance experience necessary! A fun, energetic way to burn calories, beat stress and shape up. Focus on: cardio.
<b>LM CX Worx</b>	This workout exercises muscles around the core to tighten and tone the abs, glutes, back and obliques, improving functional strength and assisting in injury prevention. Focus on: core strength

## Class Prices

<b>Members</b>	Universal Members FREE!	Full Members €3/€2.50	Pool Only €7 (Aqua Fit €3)	Gym Only €3 (Aqua Fit €7)
<b>Non-Members</b>	Standard Classes €7 / €5	Kids/Teen Classes €2.50	Class & Gym or Swim Session €10	
<b>Special Classes</b>	Active Retirement Spin €3	Meet & Train €2	Meet & Train & Total Body Tone €5	
<b>Fitness Class Card</b>	Ten Pay As You Go Classes €60			

Have a query?

Contact us via [www.thewatershed.ie](http://www.thewatershed.ie)



Ask about **'Kick-Start'**  
Specialised all-inclusive 4 Week Plan €120

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

Please visit <https://www.thewatershed.ie/gym-overview/freelance-class-timetable/> All queries in relation to these classes i.e. Yoga, TaeKwon-Do, Martial Arts, Dance classes etc should be directed to the Freelance Instructors whose contact details are detailed on this page