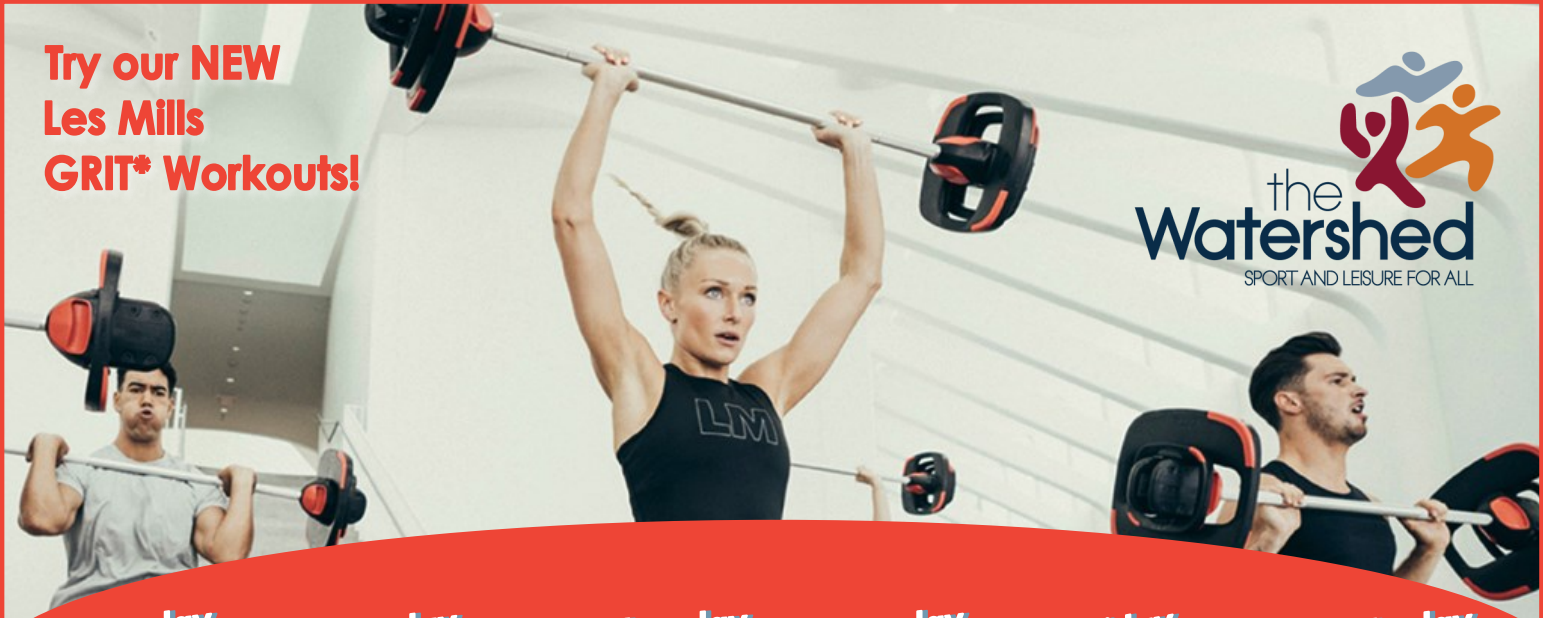


Try our **NEW**
Les Mills
GRIT* Workouts!



Monday

7am (45)
Spin

1:15pm (30)
Body Pump

4:15pm (30)
Teen Spin

5:30pm (45)
Spin

7:30pm (45)
Spin

Tuesday

7am (45)
Spin

10:30am (45)
Spin

11:30am (45)
Age Friendly Spin

1:15pm (30)
Spin

6pm (45)
Kettlebells

7:15pm (45)
Body Pump

Wednesday

7am (45)
Spin

10:30am (45)
Meet & Train

11am (30)
Age Friendly Spin

1:15pm (30)
H.I.I.T.

5:30pm (30)
Spin

6:20pm (30)
Body Pump

7pm (45)
Kettlebells

Thursday

7am (45)
Spin

1:15pm (30)
Body Pump

4:15pm (30)
Teen Spin

5:30pm (30)
Spin

6:15pm (30)
Kettlebells

7:30pm (45)
Spin

Friday

7am (45)
RPM Spin

9:15am (30)
Tabata

11:30am (30)
Age Friendly Spin

1:15pm (30)
Body Pump

5pm (30)
Tabata

6pm (30)
Spin

Saturday

9:15pm (45)
H.I.I.T/Body Pump

12:15am (30)
Spin

Sunday

11:30am (30)
Spin

Monday Virtual

8:30am
CXWORX Core

9:30am
GRIT* Cardio

3:00pm
SH'BAM Dance

8:15pm
Body Pump

Tuesday Virtual

8:30am
Body Balance

9:30am
GRIT* Cardio

12:30pm
GRIT* Strength

3pm
SH'BAM Dance

4pm
GRIT* Cardio

5pm
Body Pump

Wednesday Virtual

8:30am
CXWORX Core

9:30am
GRIT* Athletic

10:30am
GRIT* Strength

12:15pm
Body Balance

3pm
Body Balance

4:30pm
GRIT* Strength

Thursday Virtual

8:45am
GRIT* Strength

3pm
CXWORX Core

8:30pm
CXWORX Core

Friday Virtual

2:30pm
SH'BAM Dance

4pm
GRIT* Cardio

7pm
Body Pump

Saturday Virtual

2pm
GRIT* Cardio

2:30pm
Body Balance

4:30pm
Body Pump

6pm
GRIT* Cardio

Sunday Virtual

10am
Body Pump

1pm
Body Balance

2pm
GRIT* Cardio

3pm
Body Pump

4:30pm
CXWORX Core

6pm
GRIT* Cardio

- ◆ Classes cannot be refunded, credited or transferred - please take care before you book
- ◆ All participants must complete a Self Declaration/Contact Tracing Form
- ◆ All participants must wear a wristband
- ◆ Live Classes will take place in the Canopy Area Outdoors, maximum 14 participants
- ◆ Virtual Sessions are strictly 1 participant only under Level 3 Restrictions (6 when reverted to Level 2)
- ◆ **EXTRA** Virtual Classes to those listed on this Timetable are available to book online while in Level 3 - view all classes on our Mobile App or Website

Fitness Class Timetable

9th October 2020

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

We apologise that due to high demand and limited space - class bookings cannot be refunded, credited or transferred

Body Balance Virtual (Les Mills)	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
Body Pump Live & Virtual (Les Mills)	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
CX Worx Core Virtual (Les Mills)	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
GRIT Athletic Virtual (Les Mills)	Thirty minute High Intensity Interval Training Plyometric based workout, designed to make you perform like an athlete
GRIT Cardio Virtual (Les Mills)	Thirty minute High Intensity Interval Training workout that improves cardiovascular fitness, increases speed and maximises calorie burn
GRIT Strength Virtual (Les Mills)	Thirty minute High Intensity Interval Training workout, designed to improve strength and build lean muscle
RPM Spin Live & Virtual (Les Mills)	RPM is a fun low impact Spin Class where you control the intensity. It is developed from the sport of cycle racing and is designed to improve aerobic and cardio fitness and burn calories and fat
Sh'Bam Dance Virtual (Les Mills)	The ultimate dance workout - no dance experience necessary! A fun, energetic way to burn calories, beat stress and shape up. Focus on: cardio
H.I.I.T Live	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
Kettlebells Live	High intensity workout with Kettlebell weights. Builds strength and muscle tone
Spin Live	Including Active Retirement Spin and Teen Spin. Spinning is a low impact high intensity indoor cycling class which improves cardio endurance and fitness
Tabata Live	A series of four minute high intensity workouts using your own body weight (4 minutes - 8 rounds of 20 seconds exercise + 10 seconds rest). Increases metabolic conditioning and builds muscle tone

Class Prices

Watershed Fitness Classes	Pay As You Go (Non-Member)	Pool Only Members	Gym Only Members	Universal Members
45 - 60 Minute Class	€7	€7	Free	All Classes Free
30 Minute Class	€5	€5	Free	
Aquafit Class	€7	Free	€7	

Special Priced Classes	Teen Classes	Age Friendly Classes	Meet & Train
	€2.50	€3	€2

Subscribe to Notifications on our App to receive Class Alerts and instant updates



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

All queries in relation to these outside classes i.e. Yoga, TaeKwon-Do, Martial Arts, Gymnastics, Dance classes 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/>

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



Why not save time? Book & pay via App or Online! Talk to us about setting up an online account