

Live Classes - Outdoor (Under Canopy) - Max 14 Participants
 Virtual Classes - Indoor - Max 1 Participant



Monday

- 7am (45)
Spin
- 9:30am (30)
Tabata
- 11:30am (30)
Age Friendly Spin
- 1:15pm (30)
Body Pump
- 4:15pm (30)
Teen Spin
- 5:30pm (30)
RPM Spin
- 7:30pm (45)
H.I.I.T.

Monday Virtual

- 7am
Body Pump
- 8am
CXWORX Core
- 9am
GRIT* Strength
- 10am
Body Pump
- 11am
Body Balance
- 12pm
GRIT* Strength
- 1:15pm
RPM Spin
- 2:30pm
CXWORX Core
- 3:30pm
GRIT* Athletic
- 5pm
Body Pump
- 6pm
RPM Spin
- 7pm
GRIT* Strength
- 8pm
Body Pump
- 9pm
CXWORX Core

Tuesday

- 7am (45)
Spin
- 10:30am (45)
Spin
- 1:15pm (30)
Spin
- 6pm (45)
Kettlebells
- 7:30pm (45)
Body Pump

Tuesday Virtual

- 7am
Body Pump
- 8am
CXWORX Core
- 9am
GRIT* Cardio
- 10am
RPM Spin
- 11am
SH'BAM Dance
- 12pm
RPM Spin
- 1:15pm
Body Pump
- 2:30pm
Body Balance
- 3:30pm
GRIT* Strength
- 5pm
RPM Spin
- 6pm
Body Pump
- 7pm
GRIT* Cardio
- 8pm
RPM Spin
- 9pm
GRIT* Strength

Wednesday

- 7am (45)
RPM Spin
- 10:30am (45)
Meet & Train
- 11am (30)
Age Friendly Spin
- 1:15pm (30)
H.I.I.T.
- 4:30pm (30)
Boot Camp
- 5:30pm (30)
Spin
- 6:30pm (45)
Body Pump
- 7pm (45)
Kettlebells

Wednesday Virtual

- 7am
Body Pump
- 8am
CXWORX Core
- 9am
GRIT* Strength
- 10am
Body Pump
- 11am
Body Balance
- 12pm
GRIT* Cardio
- 1:15pm
RPM Spin
- 2:30pm
CXWORX Core
- 3:30pm
GRIT* Athletic
- 5pm
Body Pump
- 6pm
RPM Spin
- 7pm
Body Pump
- 8pm
GRIT* Athletic
- 9pm
Body Pump
- Body Balance

Thursday

- 7am (45)
Spin
- 9:15am (45)
Boot Camp
- 1:15pm (30)
Spin
- 4:15pm (30)
Teen Spin
- 5:30pm (30)
Spin
- 6:15pm (45)
Kettlebells
- 7:30pm (45)
Spin

Thursday Virtual

- 7am
Body Pump
- 8am
CXWORX Core
- 9am
GRIT* Cardio
- 10am
RPM Spin
- 11am
SH'BAM Dance
- 1:15pm
Body Pump
- 2:30pm
Body Balance
- 3:30pm
GRIT* Strength
- 5pm
RPM Spin
- 6pm
Body Pump
- 7pm
GRIT* Strength
- 8pm
RPM Spin
- 9pm
GRIT* Cardio

Friday

- 7am (45)
RPM Spin
- 9:15am (30)
Tabata
- 11:30am (30)
Age Friendly Spin
- 1:15pm (30)
Body Pump
- 5pm (45)
H.I.I.T.
- 6pm (30)
Spin

Friday Virtual

- 7am
Body Pump
- 8am
CXWORX Core
- 9am
GRIT* Strength
- 10am
Body Pump
- 11am
Body Balance
- 12pm
GRIT* Strength
- 1:15pm
RPM Spin
- 2:30pm
CXWORX Core
- 3:30pm
GRIT* Athletic
- 5pm
Body Pump
- 6pm
RPM Spin
- 7pm
GRIT* Cardio
- 8pm
Body Pump
- 9pm
RPM Spin

Saturday

- 9:30am (45)
Body Pump
- 11:30am (30)
Spin

Sunday

- 11am (45)
Spin

Saturday Virtual

- 9am
Body Pump
- 10am
CXWORX Core
- 11am
Body Pump
- 12pm
Body Pump
- 1pm
GRIT* Strength
- 2pm
Body Balance
- 3pm
GRIT* Cardio
- 4pm
RPM Spin
- 5pm
Body Pump
- 6pm
GRIT* Strength

Sunday Virtual

- 9am
Body Pump
- 10am
CXWORX Core
- 11am
Body Pump
- 12pm
Body Pump
- 1pm
GRIT* Strength
- 2pm
Body Balance
- 3pm
GRIT* Strength
- 4pm
RPM Spin
- 5pm
Body Pump
- 6pm
GRIT* Strength

Fitness Class Timetable

1st December 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

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

| 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