

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
- 7pm (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
- 1:15pm (30)  
H.I.I.T.
- 4:30pm (30)  
Boot Camp
- 5:30pm (30)  
Spin
- 6:30pm (45)  
Body Pump
- 7:30pm (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  
GRIT\* Athletic
- 8pm  
Body Pump
- 9pm  
Body Balance

### Thursday

- 7am (45)  
Spin
- 9:15am (45)  
Boot Camp
- 11am (30)  
Age Friendly Spin
- 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

### 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

#### Sunday 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

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

1st December 2020

# Fitness Class Timetable

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

<b>Body Balance Virtual (Les Mills)</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>Body Pump Live &amp; Virtual (Les Mills)</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>CX Worx Core Virtual (Les Mills)</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
<b>GRIT Athletic Virtual (Les Mills)</b>	Thirty minute High Intensity Interval Training Plyometric based workout, designed to make you perform like an athlete
<b>GRIT Cardio Virtual (Les Mills)</b>	Thirty minute High Intensity Interval Training workout that improves cardiovascular fitness, increases speed and maximises calorie burn
<b>GRIT Strength Virtual (Les Mills)</b>	Thirty minute High Intensity Interval Training workout, designed to improve strength and build lean muscle
<b>RPM Spin Live &amp; Virtual (Les Mills)</b>	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
<b>Sh'Bam Dance Virtual (Les Mills)</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>H.I.I.T Live</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 Live</b>	High intensity workout with Kettlebell weights. Builds strength and muscle tone
<b>Spin Live</b>	Including Active Retirement Spin and Teen Spin. Spinning is a low impact high intensity indoor cycling class which improves cardio endurance and fitness
<b>Tabata Live</b>	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](http://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**