

# Fitness Class Timetable

## Monday

**7am (30)**  
Spin

**9:15am (30)**  
Aqua Aerobics

**11am (30)**  
Age Friendly Spin

**1:15pm (30)**  
Spin

**4:30pm (30)**  
Body Pump

**5:30pm (30)**  
Spin

**6:15pm (45)**  
Kettlebells

**7:30pm (30)**  
Tabata

**8pm (45)**  
Men On The Move

## Tuesday

**7am (30)**  
Total Body Tone

**9:30am (45)**  
H.I.I.T.

**11am (30)**  
Circuit Training

**1:15pm (30)**  
Body Pump

**4:30pm (30)**  
Teen Spin

**5:30pm (30)**  
Step Aerobics

**6:15pm (45)**  
Pilates

**7:15pm (30)**  
Dance Fit

**8:15pm (30)**  
Body Pump

## Wednesday

**7am (30)**  
Spin

**9:30am (45)**  
Meet & Train

**11am (45) Beginners**  
Total Body Tone

**1:15pm (30)**  
Spin

**5:30pm (45)**  
Body Pump

**6:30pm (30)**  
Spin

**7:15pm (30)**  
Kettlebells

## Thursday

**7am (30)**  
Body Pump

**9:30am (45)**  
Circuit Training

**11am (30)**  
H.I.I.T.

**1:15pm (30)**  
Kettlebells

**4:45pm (30)**  
Spin

**5:30pm (30)**  
Pilates

**6:15pm (30)**  
Dance Fit

**8:30pm (30)**  
Disco Spin

## Friday

**7am (30)**  
Spin

**9:30am (45)**  
Meet & Train

**11:30am (30)**  
Age Friendly Spin

**1:15pm (30)**  
Spin

**5:15pm (45)**  
Body Pump

**6:30pm (30)**  
Spin

## Saturday

**9:30am (30)**  
Spin

**10:15am (30)**  
Total Body Tone/  
Body Pump

## Sunday

**10:30am (30)**  
Spin

**11:15am (30)**  
Circuit Training

## Monday Virtual

8am  
Body Pump  
12:15pm  
Body Attack  
2:15pm  
Core Strength

## Tuesday Virtual

8am  
RPM  
2:15pm  
Grit Strength  
9:30pm  
Sprint

## Wednesday Virtual

8am  
Core Strength  
8:45am  
Body Pump  
4pm  
Sprint  
9:30pm  
Body Combat

## Thursday Virtual

8am  
RPM  
2:15pm  
Body Attack  
3:30pm  
Grit Cardio  
9:30pm  
Body Pump

## Friday Virtual

8am  
Core Strength  
9am  
Body Pump  
2:15pm  
Body Combat  
4pm  
Grit Athletic

## Saturday Virtual

1pm  
Body Attack  
3pm  
Body Pump  
5pm  
RPM

## Sunday Virtual

1pm  
Body Pump  
3pm  
Sprint  
5pm  
Core Strength

**LES MILLS VIRTUAL**  
Experience Les Mills leading fitness programs on the big screen!

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

|                                  |   |
|----------------------------------|---|
| <b>Body Attack (Les Mills)</b>   | A full body workout with athletic movements such as running, lunging and jumping with strength exercises        |
| <b>Body Pump (Les Mills)</b>     | Full body barbell workout - high repetitions of squats, presses, lifts and curls with light to moderate weights |
| <b>Core Strength (Les Mills)</b> | This workout exercises muscles around the core to tighten and tone the abs, glutes, back and obliques           |
| <b>GRIT Athletic (Les Mills)</b> | Thirty minute High Intensity Interval Training Plyometric based workout   |
| <b>GRIT Cardio (Les Mills)</b>   | Thirty minute High Intensity Interval Training workout that improves cardiovascular fitness                     |
| <b>GRIT Strength (Les Mills)</b> | Thirty minute High Intensity Interval Training workout, designed to improve strength and build lean muscle      |
| <b>RPM/Sprint (Les Mills)</b>    | RPM and Sprint are low impact Spin Cycling Classes where you control the intensity                              |
| <b>Aqua Aerobics</b>             | Low impact exercise to music in the shallow end of the main pool, using the water for resistance                |
| <b>Circuit Training</b>          | A series of strength and cardiovascular exercises performed in rotation where you control the intensity         |
| <b>Dance Fit</b>                 | A fun, energetic Latin inspired way to burn calories, beat stress and shape up                                  |
| <b>H.I.I.T.</b>                  | Interval training at a high intensity using a mixture of body weight, light weights and studio barbells         |
| <b>Kettlebells</b>               | High intensity workout with Kettlebell weights to build strength and improve muscle tone                        |
| <b>Men On The Move</b>           | Track based exercise for men of all ages and levels of fitness  |
| <b>Meet and Train</b>            | Track based exercise for adults of all ages and levels of fitness, parents are welcome to bring children        |
| <b>Pilates</b>                   | Low impact muscle strengthening exercises designed to improve core strength, posture and flexibility            |
| <b>Spin/Disco Spin*</b>          | Low impact high intensity indoor cycling class which improves cardio endurance and fitness                      |
| <b>Step Aerobics</b>             | High intensity cardiovascular workout involving stepping up on and down from a step                             |
| <b>Tabata</b>                    | A series of four minute high intensity workouts using your own body weight                                      |
| <b>Total Body Tone</b>           | A series of body weight exercises of varying intensity, targeting all the main muscle groups                    |

\*Disco Spin is held in a darkened studio with flashing lights and may not be suitable for people who are susceptible to photosensitive epilepsy or other photo sensitivities

## 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             | €5                         | Free              | €5               |                   |

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

| Special Priced Classes | Teen Classes | Age Friendly Classes | Meet & Train/ Men On The Move |
|------------------------|--------------|----------------------|-------------------------------|
|                        | €2.50        | €3                   | €2                            |



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

All queries in relation to these outside classes i.e. Yoga, Taekwondo, Martial Arts, Gymnastics 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/>  
The Watershed do not take bookings for these classes

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