

Class Timetable



Live Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
7am (30) Spin	7am (30) Spin	7am (30) Spin	7am (30) Body Pump	7am (30) Spin	9:30am (30) Spin	
9:15am (30) Aqua Aerobics	10am (45) Total Body Tone	9:30am (45) Meet & Train	10am (45) Circuit Training	9:30am (45) Meet & Train	10:15am (30) Total Body Tone/ Body Pump	
11:30am (30) Age Friendly Spin	11am (30) Core Blast	11am (45) Beginners Total Body Tone	1:15pm (30) Kettlebells	11:30am (30) Age Friendly Spin	Sunday	
1:15pm (30) Spin	1:15pm (30) Body Pump	1:15pm (30) Spin	4:45pm (30) Spin	1:15pm (30) Spin		
4:45pm (30) Body Pump	5:30pm (30) Step Aerobics	4:30pm (30) Teen Spin	5:30pm (30) Core Blast	5:30pm (45) Body Pump		10:30am (30) Spin
5:30pm (30) Spin	6:15pm (45) Body Pump	5:30pm (45) Body Pump	6:30pm (30) Total Body Tone	6:30pm (30) Spin		11:15am (30) Circuit Training
6:15pm (45) Kettlebells	7:15pm (30) Spin	6:30pm (30) Spin				5pm (30) Body Pump
8pm (45) Men On The Move		7:30pm (30) Kettlebells				

Monday Virtual	Tuesday Virtual	Wednesday Virtual	Thursday Virtual	Friday Virtual	Saturday Virtual
8am Body Pump	8am RPM	8am Core Strength	8am RPM	8am Core Strength	1pm Body Attack
12:15pm Body Attack	2:15pm Grit Strength	8:45am Body Pump	2:15pm Body Attack	9am Body Pump	3pm Body Pump
2:15pm Core Strength	9:30pm Sprint	9:30pm Body Combat	3:30pm Grit Cardio	2:15pm Body Combat	5pm RPM
			9:30pm Body Pump	4pm Grit Athletic	
					Sunday Virtual
					1pm Body Pump
					3pm Sprint

Les Mills Virtual Workouts

Issued: September 21st, 2022
Classes are subject to change at short notice



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

Body Attack (Les Mills)	A full body workout with athletic movements such as running, lunging and jumping with strength exercises
Body Pump (Les Mills)	Full body barbell workout - high repetitions of squats, presses, lifts and curls with light to moderate weights
Core Strength (Les Mills)	This workout exercises muscles around the core to tighten and tone the abs, glutes, back and obliques
GRIT Athletic (Les Mills)	Thirty minute High Intensity Interval Training Plyometric based workout
GRIT Cardio (Les Mills)	Thirty minute High Intensity Interval Training workout that improves cardiovascular fitness
GRIT Strength (Les Mills)	Thirty minute High Intensity Interval Training workout, designed to improve strength and build lean muscle
RPM/Sprint (Les Mills)	RPM and Sprint are low impact Spin Cycling Classes where you control the intensity
Aqua Aerobics	Low impact exercise to music in the shallow end of the main pool, using the water for resistance
Circuit Training	A series of strength and cardiovascular exercises performed in rotation where you control the intensity
Core Blast	A programme of exercises concentrated on the core muscles for strength and stability
Kettlebells	High intensity workout with Kettlebell weights to build strength and improve muscle tone
Men On The Move	Track based exercise for men of all ages and levels of fitness
Meet and Train	Track based exercise for adults of all ages and levels of fitness, parents are welcome to bring children
Spin	Low impact high intensity indoor cycling class which improves cardio endurance and fitness
Step Aerobics	High intensity cardiovascular workout involving stepping up on and down from a step
Total Body Tone	A series of body weight exercises of varying intensity, targeting all the main muscle groups

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Class Prices

Watershed Fitness Classes	Pay As You Go (Non-Member)	Pool Only Members	Gym Only Members	Universal Members
45 - 60 Minute Class	€8	€8	Free	All Classes Free
30 Minute Class	€6	€6	Free	
Aquafit Class	€6	Free	€6	



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

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
or on Social Media!

