

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30am - 45mins WP Strong	6:15am - 60mins Spin	6:15am - 45mins Spin	6:15am - 50mins BodyPump	6:30am - 45mins Coached Lane Swimming	8:30am - 45mins WP Burn
9:30am - 45mins Aqua Fitness	6:30am - 45mins WP Burn	6:30am - 55mins BodyBalance	9:30am - 45mins Aqua Fitness	6:30am - 45mins WP Burn	9:00am - 50mins Meditation + Mindfulness
10:00am - 45mins Spin	9:30am - 45mins Aqua Fitness	6:30am - 45mins Track Running Club	10:00am - 50mins BodyPump	9:30am - 45mins Aqua Fitness	9:00am - 45mins Virtual Aqua Fitness
10:00am - 45mins WP Dance	10:00am - 60mins BodyPump	9:30am - 45mins Aqua Fitness	10:30am - 45mins Virtual Aqua Fitness	9:30am - 45mins Cardio Kickboxing	9:30am - 45mins Spin
10:30am - 45mins Virtual Aqua Fitness	10:30am - 45mins Virtual Aqua Fitness	10:00am - 45mins Spin	11:00am - 45mins Movestrong	10:30am - 45mins Virtual Aqua Fitness	10:30am - 60mins BodyPump
11:00am - 45mins Yoga for Anxiety	11:10am - 55mins BodyBalance	10:30am - 30mins Core	5:15pm - 45mins WP Strong	10:30am - 30mins Core	11:30am - 45mins Squeeze
1:00pm - 45mins Virtual Aqua Fitness	12:15pm - 45mins Cardio Kickboxing	10:30am - 45mins Virtual Aqua Fitness	6:15pm - 45mins Cardio Kickboxing	6:30pm - 45mins WP Burn	
5:30pm - 45mins WP Burn	6:00pm - 45mins WP Strong	11:00am - 45mins Squeeze	6:30pm - 45mins Spin	6:30pm - 45mins Virtual Aqua Fitness	
6:00pm - 50mins BodyPump	6:30pm - 45mins Squeeze	1:00pm - 45mins Virtual Aqua Fitness	6:30pm - 45mins Squeeze		
6:30pm - 45mins Virtual Aqua Fitness	7:00pm - 45mins WP Burn	6:00pm - 45mins WP Burn	7:00pm - 45mins Aqua Fitness		SUNDAY
6:30pm - 45mins Spin (Beginner Friendly)	7:00pm - 45mins Aqua Fitness	6:00pm - 45mins WP Dance	8:00pm - 45mins Coached Lane Swimming		9:00am - 30mins Core
7:00pm - 30mins Core	7:30pm - 45mins Spin	6:30pm - 45mins Virtual Aqua Fitness			9:00am - 45mins Virtual Aqua Fitness
7:30pm - 45mins Spin Orientation*	7:30pm - 45mins WP Burn	7:00pm - 50mins BodyPump			9:45am - 55mins BodyBalance
7:45pm - 45mins Yoga for Anxiety	8:00pm - 55mins BodyBalance	7:00pm - 45mins Zoom Yoga with Jurate  Book your place on the app and use the Zoom code on the booking			11:00am - 45mins WP Strong
		8:00pm - 55mins BodyBalance			

*only held on the last Monday of each month

Green Tiles = held on the Tallaght Athletics Club track

Purple Tiles = class held in the underground area

Blue Tiles = class held in our swimming pool