



KILLASHEE

HOTEL · SPA · LEISURE

CLASS TIMETABLE

* PAID COURSES

T: +353 45 981600

E: MANAGER@KILLASHEELEISURE.COM

WWW.KILLASHEELEISURE.COM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00am 8.00am	*PERFORMANCE TRAINING	GROUP CYCLE 7.00am	*PERFORMANCE TRAINING	FULL BODY WORKOUT	*PERFORMANCE TRAINING		
9.30am 10.15am	FULL BODY WORKOUT 9.30am	FULL BODY WORKOUT 8.30am	GROUP CYCLE	FITSTEPS	GROUP CYCLE	GROUP CYCLE	FULL BODY
9.30am 10.15am	YOGA WITH KASIA 10.00am		YOGA WITH KASIA 10.00am		Pay as you go class €10		
10.30am 11.15am	*PILATES 10.00am	GROUP CYCLE 10.30am	FIGHT KLUB 10.30am	FULL BODY WORKOUT	*PILATES	CORE BLAST 10.30am-10.50am	CORE BLAST 10.30am- 10.50am
11.15am 12.00pm						FIGHT KLUB 11.15am	
EVENING CLASSES							
5.30pm 6.15pm	FULL BODY WORKOUT 5.30pm	FIGHT KLUB 5.30pm	FULL BODY WORKOUT 5.30pm	FULL BODY WORKOUT 5.30pm	FIGHT KLUB 5.30pm		
6.30pm 7.30pm	*PERFORMANCE TRAINING	ZUMBA 6.20pm	GROUP CYCLE 6.30pm	*PERFORMANCE TRAINING	GROUP CYCLE 6.00pm	ZUMBA 6.30pm	*PERFORMANCE TRAINING 6.30pm
7.00pm 8.00pm	*PILATES 7.30pm	GROUP CYCLE 7.00pm	FITSTEPS 7.30pm	*PILATES 7.30pm	*KARATE 6.00pm	GROUP CYCLE 7.45pm	*YOGA WITH KASIA 7.00pm
8.00pm 9.00pm	*PILATES 8.30pm	FIGHT KLUB 8.00pm	*YIN YOGA WITH KASIA 8.30pm				

NO CLASSES ON BANK HOLIDAYS



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POOL TIMETABLE

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.30am 8.00am							
8.00am 10.00am	AQUA 9.30am - 10.00am						
10.00am 11.00am	AQUA 10.30am - 11.15am	AQUA 10.00am - 10.45am	AQUA 10.00am - 10.45am	AQUA 10.00am - 10.45am	AQUA 10.00am - 10.45am	AQUA 10.00am - 10.45am	
11.00am 12.00pm						CLUB SWIM LESSONS	
12.00pm 1.00pm						CLUB SWIM LESSONS	
1.00pm 2.00pm						CLUB SWIM LESSONS	
2.00pm 3.00pm							
3.00pm 4.00pm		CLUB SWIM LESSONS	CLUB SWIM LESSONS	CLUB SWIM LESSONS			
4.00pm 5.00pm		CLUB SWIM LESSONS	CLUB SWIM LESSONS	CLUB SWIM LESSONS			
5.00pm 6.00pm		CLUB SWIM LESSONS	CLUB SWIM LESSONS	CLUB SWIM LESSONS			
6.00pm 7.00pm							
7.00pm 8.00pm		AQUA 7.00pm - 7.45pm	AQUA 7.00pm - 7.45pm	AQUA 7.00pm - 7.45pm			
8.00pm 9.30pm							

NO CLASSES ON BANK HOLIDAYS