

CLUB VITAE FITNESS CLASS TIMETABLE

clubvitae
MALDRON HOTEL LIMERICK

Pre-booking for classes is advised as spaces are limited. Non-member fee is €10 per class, €15 for class including swim & health suite. 061-4361536

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Spin & Tone 7am		
	Spinning 9.15am	Strength & Conditioning 9.15am	Pilates with Tracy 9.15am	
Mobility & Conditioning 9.30am	Aqua HIIT 10am	Mobility & Conditioning 10am	Aqua HIIT 10am	Bootcamp 9.30am
	Pilates with Tracy 6.15pm	Strength & Conditioning 6.30pm	Spinning 6pm	
			Aqua Aerobics 7.30pm	
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For Pilates with Tracy, please WhatsApp or call Tracy on 089 2616067.

Please note, this timetable is subject to change, keep an eye on our social media and in club for regular updates to avoid disappointment.