



LEISURE CLUB
CHARLEVILLE PARK HOTEL
★★★★★

CLASS TIMETABLE

MON	TUES	WED	THURS	FRI
07:00 - 07:40 HIIT (Studio)		07:00 - 07:40 HIIT (Studio)		
09:30 - 10:00 Aqua Running (Pool)	09:15 - 10:00 Pilates Ladies Only (Studio)	09:15 - 10:00 Easy Morning Stretching Tone Ladies Only (Studio)		09:15 - 10:00 Legs, Tums & Bums Ladies Only (Studio)
	10:30 - 11:00 Aqua Aerobic (Pool)			10:30 - 11:00 Aqua Aerobic (Pool)
		18:30 - 19:15 Spinning (Studio)		
19:00 - 19:30 Aqua Aerobic (Pool)			19:30 - 20:00 Aqua Aerobic (Pool)	
19:30 - 20:30 Pilates Level 2 6 Weeks Course (Studio - Finishes 18/12/23)	19:30 - 20:30 Pilates Level 1 (Studio)	20:00 - 21:00 Triathlon (Pool)		

PAY AS YOU GO CLASSES

Body Pump, Aqua Running, Morning & Lunch Pilates, Aqua Aerobics
HIIT, Power Pump, Spinning (€3 Members / €8 Non Members)

EVENING PILATES

(€48 Members / €78 Non Members)

TRIATHLON

(€135 Members / €150 Non Members)

 063 33790

 leisureclub@charlevilleparkhotel.com

 charlevilleparkleisureclub