

# CLASS SCHEDULE

Booking is essential as spaces are limited

# escape

## HEALTH CLUB & SPA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Spin &amp; Tone</b> 7:00am - 7:45am		<b>Strength &amp; Conditioning</b> 7:00am - 7:45am	
<b>Mobility &amp; Core</b> 9:30am - 10:00am	<b>Aqua Aerobics</b> 9:30am - 10:00am			<b>Aqua Aerobics</b> 9:30am - 10:00am
***** <b>Pilates</b> 10:15am - 11:00am				
	***** <b>KRSP Aqua Aerobics</b> 11:00am - 11:30am			
		***** <b>Swimmingly (Emma)</b> 3:00pm - 4:00pm		
	***** <b>Swimming Lessons</b> 4:00pm - 6:00pm		***** <b>Swimming Lessons</b> 4:00pm - 6:00pm	
	***** <b>HIIT (Aoife)</b> 6:00pm - 7:00pm		<b>Bootcamp</b> 6:30pm - 7:15pm	<b>Spin &amp; Tone</b> 6:15pm - 7:00pm
<b>Body Burn</b> 7:00pm - 7:45pm		<b>Boxercise</b> 7:00pm - 7:45pm	<b>Core/Strength &amp; Mobility</b> 7:30pm - 8:00pm	
		***** <b>Pilates</b> 8:00pm - 8:45pm		

\*\*\*\*\* Denotes an outside class not included in membership

\*Subject to change | \*Terms and Conditions apply



With **escape** Health Club & Spa



A FLYNN HOTEL

You're only one workout  
away from a good mood.

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# CLASSES

## AQUA AEROBICS

A low impact, high energy workout. Suitable for all ages, skill and fitness levels. Using resistance from the water as well as specially designed equipment to get a great workout.

## BODY BURN

A full body weighted workout using light to moderate weights with lots of reps. Perfect for those wanting to lose fat and tone up as it challenges all of your major muscle groups while you squat, press, lift and curl. (Low impact)

## SPIN & TONE

An indoor cycling class suitable for all levels of fitness. This class is low impact and will combine the cardio workout of spinning with a core workout.

## SPIN EXPRESS

A short and powerful 30min version of a Spin class.

## BOXERCISE

Based on the training concepts boxers use to keep fit. Classes can take a variety of formats but a typical one may involve shadow-boxing, skipping, hitting pads, kicking punchbags, press-ups, shuttle-runs and sit-ups.

## BOOTCAMP

A challenging total body workout targeting your aerobic & anaerobic metabolic systems as well as strength. If you like variety this is the class for you.

## CORE, STRENGTH & MOBILITY

Increase your strength, improve your core strength and improve your range of motion in this low impact workout.

## STRENGTH & CONDITIONING

Using a combination of strength training and aerobic conditioning to improve fitness and physical performance. Perfect for those wanting to lose fat and tone up as it challenges all of your major muscle groups. (Low impact)

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*Booking is essential as spaces are limited. Our class bookings open on a Monday morning from 7am for the week following.*

**Class participants must cancel 2 hours before class**