

OUR CLASSES

LW CYCLE

A great way to get fit and improve your cardio.

LW SENIOR

Low impact functional fitness class for those over 55 years of age.

LW HIIT

High Intensity Interval Training circuits.

LW WOW

Women's Only Workout. A total body class designed just for women.

LW BOOTCAMP

Bootcamp style training. Prepare for the unexpected.

LW CYCLE FIT

A combo class of indoor cycling and resistance training.

LW AQUA FIT

Low impact class, using the water as resistance to work your muscles and get your heart pumping.

LW PUMP

High rep weights class that'll make your muscles burn.

LW POWER CYCLE

uses power meters to measure & improve output on the bike. Ideal for road cyclists!

LW SWEAT

Fast paced class based around cardio and core exercises.

LW PILATES

Low impact class focusing on core strength and muscle balance.

ZUMBA

Get fit, have fun and do it all while dancing to fun and funky music.

PROJECT WEIGHTLOSS

is a 12 week course, for information on the next start date please contact reception.

TEEN GYM

is supervised gym sessions for teens aged 13-17years.

FREE CLASSES

are 20-30min long, take place on the main gym floor and free for everyone. No need to book, just join in!



PRICES

Includes use of pool/gym/sauna & steam after your class

Members €4

-

Adult €8.50

-

Student €6

-

Book of 10 visits €75

Book at reception or online
www.leisureworldcork.com

Classes and class times are subject to change.



Rossa Avenue, Bishopstown, Cork, Ireland
T: 021 434 6505
E: info@leisureworldcork.com
W: www.leisureworldcork.com

FIND US ON



CLASS TIMETABLE BISHOPSTOWN



MONDAY

LW CYCLE FIT
06:45 - 07:30

LW CYCLE FIT
17:00 - 17:45

TEEN GYM
17:00 - 18:00

LW WOW
18:00 - 18:45

LW CYCLE
18:00 - 18:45

PROJECT WEIGHTLOSS
18:00 - 19:00

LW HIIT
19:00 - 19:45

LW CYCLE
19:00 - 19:45

FREE CORE
19:00 - 19:20

ZUMBA
20:00 - 20:45

LW AQUA FIT
20:00 - 20:45

TUESDAY

LW AQUA FIT
10:40 - 11:25

LW SENIOR
11:00 - 11:45

LW CYCLE FIT
17:00 - 17:45

TEEN GYM
17:00 - 18:00

LW BOOTCAMP
18:00 - 18:45

LW CYCLE
18:00 - 18:45

LW PUMP
19:00 - 19:45

LW CYCLE
19:00 - 19:45

FREE HIIT
19:00 - 19:20

WEDNESDAY

LW CYCLE FIT
06:45 - 07:30

LW PILATES
09:30 - 10:15
10:15 - 11:00

LW AQUA FIT
13:00 - 13:45

LW CYCLE FIT
17:00 - 17:45

TEEN GYM
17:00 - 18:00

LW WOW
18:00 - 18:45

LW CYCLE
18:00 - 18:45

PROJECT WEIGHTLOSS
18:00 - 19:00

LW HIIT
19:00 - 19:45

LW CYCLE
19:00 - 19:45

FREE MOBILITY
19:00 - 19:20

ZUMBA
20:00 - 20:45

LW POWER CYCLE
20:00 - 20:45

LW AQUA FIT
20:00 - 20:45

THURSDAY

ZUMBA
10:00 - 10:45

LW SENIOR
11:00 - 11:45

LW CYCLE FIT
17:00 - 17:45

TEEN GYM
17:00 - 18:00

LW BOOTCAMP
18:00 - 18:45

LW CYCLE
18:00 - 18:45

LW SWEAT
19:00 - 19:45

LW CYCLE
19:00 - 19:45

FREE CORE
19:00 - 19:20

LW POWER CYCLE
20:00 - 20:45

FRIDAY

LW CYCLE FIT
06:45 - 07:30

LW AQUA FIT
10:40 - 11:25

TEEN GYM
17:00 - 18:00

LW CYCLE
18:00 - 18:45

SATURDAY

LW HIIT
09:00 - 09:45

LW CYCLE
10:00 - 10:45

TEEN GYM
12:00 - 13:00

TEEN GYM
17:00 - 18:00

SUNDAY

LW SWEAT
09:00 - 09:45

LW CYCLE
10:00 - 10:45

TEEN GYM
12:00 - 13:00

TEEN GYM
17:00 - 18:00



45 MINUTE CLASSES
UNLESS OTHERWISE STATED

Check out our range of
FREE CLASSES