

2019

OUR CLASSES

INDOOR CYCLING

The classic indoor cycling class. A class suited to all levels of fitness that are looking for a fun "spin".

POWER CYCLE

Uses power meters to measure & Improve output on the bike. Ideal for Road cyclists.

TEEN GYM

Teen gym is supervised a gym session for teens aged 13-17 years.

BOOTCAMP

Bootcamp style training. Prepare for the unexpected!

HIIT 45

High Intensity Interval Training circuits.

BODY CONDITIONING

Moderate intensity class using a mix of bodyweight, light resistance & moderate intensity cardio.

AQUA

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

EIR: EXERCISE IN RHEUMATOLOGY

A class for patients with chronic musculoskeletal conditions to help get exercising more. This would be 'regular' conditions such as chronic low back pain, osteoarthritis and Rheumatoid arthritis. (Referral based class)

MAT 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.



PRICES

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

Members €4

-

Adult €8.60

-

Student €6.20

-

Book of 10 visits €75

Book at reception or online
www.leisureworldcork.com

Classes and class times are subject to change.

CLASS TIMETABLE BISHOPSTOWN



10 Classes only €75

= 6 Week course Rates available at reception



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



MORNING

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

BODY CONDITIONING
07:00

BOOTCAMP
06:45

BODY CONDITIONING
07:00

BOOTCAMP
06:45

INDOOR CYCLING
10:00

INDOOR CYCLING
10:00 Catriona

AQUA
10:40

MAT PILATES
09.30 Jane
10.15 Jane

AQUA
10:40 Jane



TEEN GYM
17:00

EIR GROUP
12:30 Austin

AQUA
13:00 Darren

TEEN GYM
17:00

TEEN GYM
17:00

TEEN GYM
17:00

TEEN GYM
17:00

INDOOR CYCLING
18:00 Ciara

TEEN GYM
17:00

TEEN GYM
17:00

BOOTCAMP
18:00 Sean/Chris

INDOOR CYCLING
18:00 Ciara

HIIT 45
18:00 Chris

BOOTCAMP
18:00 Sean/Chris

INDOOR CYCLING
18:00 Austin

ZUMBA
19:00 Jamie

INDOOR CYCLING
19:00 Maura

AQUA
20:00 Chris

HIIT 45
19:00 Austin

ZUMBA
20:00 Jamie

AQUA
20:00 Austin

AFTERNOON



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