

2020

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!

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.

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.



CLASS TIMETABLE BISHOPSTOWN



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.

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

CYCLE & TONE

07:00 Chris [Studio]

ACTIVE AGE FITNESS

10:30 Austin [Studio]

TUESDAY

BODY CONDITIONING

07:00 Chris [Gym]

AQUA

10:40 Austin [Pool]

WEDNESDAY

CYCLE & TONE

07:00 Corrie [Studio]

MAT PILATES

09:30 Jane [Studio]

10:15 Jane [Studio]

THURSDAY

BODY CONDITIONING

07:00 Chris [Gym]

FRIDAY

BOOTCAMP

07:00 Austin [Gym]

AQUA

10:40 Jane [Pool]

SATURDAY

CIRCUITS

9:00 Mark [Gym]

INDOOR CYCLING

10:00 Maura [Studio]

TEEN GYM

12:00 [Gym]

SUNDAY

INDOOR CYCLING

10:00 Catriona [Studio]

TOTAL BODY FITNESS

11:00 Chris [Gym]

TEEN GYM

12:00 [Gym]

AFTERNOON

TEEN GYM

17:00 [Gym]

INDOOR CYCLING

18:00 Ciara [Studio]

PROJECT WEIGHTLOSS

18:00 Dylan [Studio]

TOTAL BODY FITNESS

19:00 Corrie [Studio]

ZUMBA

20:00 Jamie [Studio]

AQUA

20:00 Dylan [Pool]

TEEN GYM

17:00 [Gym]

BOOTCAMP

18:00 Corrie [Gym]

INDOOR CYCLING

18:00 Austin [Studio]

CORK TRI CLUB

19:00 Siobhan
Private Booking [Studio]

POWER CYCLE

20:00 Siobhan [Studio]

AQUA

13:00 Corrie [Pool]

TEEN GYM

17:00 [Gym]

TOTAL BODY FITNESS

18:00 Chris [Gym]

PROJECT WEIGHTLOSS

18:00 Dylan [Studio]

INDOOR CYCLING

19:00 Maura [Studio]

ZUMBA

19:00 Jamie [Studio]

POWER CYCLE

20:00 James [Studio]

AQUA

20:00 Chris [Pool]

TEEN GYM

17:00 [Gym]

BOOTCAMP

18:00 Corrie [Gym]

POWER CYCLE

18:00 Tom [Studio]

19:00 Tom [Studio]

20:00 Tom [Studio]

TEEN GYM

17:00 [Gym]

STRENGTH & CONDITIONING

18:00 Daniel [Gym]

TEEN GYM

17:00 [Gym]

TEEN GYM

17:00 [Gym]



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