

# 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.

**10 Classes**  
**only €75**

 = 6 Week course Rates available at 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](http://www.leisureworldcork.com)

Classes and class times are subject to change.



Rossa Avenue, Bishopstown, Cork, Ireland  
T: 021 434 6505  
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W: [www.leisureworldcork.com](http://www.leisureworldcork.com)

FIND US ON



2020

# CLASS TIMETABLE BISHOPSTOWN





MORNING

AFTERNOON

## MONDAY

~~CYCLE & TONE~~~~07:00 Chris [Studio]~~

## ACTIVE AGE FITNESS

10:30 Austin [Studio]

## 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]

## TUESDAY

## BODY CONDITIONING

07:00 Chris [Gym]

## AQUA

10:40 Austin [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]

## WEDNESDAY

## CYCLE &amp; TONE

07:00 Corrie [Studio]

## MAT PILATES

09:30 Jane [Studio]

10:15 Jane [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]

## THURSDAY

## BODY CONDITIONING

07:00 Chris [Gym]

## TEEN GYM

17:00 [Gym]

## BOOTCAMP

18:00 Corrie [Gym]

## POWER CYCLE

18:00 Tom [Studio]

19:00 Tom [Studio]

20:00 Tom [Studio]

## FRIDAY

## BOOTCAMP

07:00 Austin [Gym]

## AQUA

10:40 Jane [Pool]

## TEEN GYM

17:00 [Gym]

STRENGTH &  
CONDITIONING

18:00 Daniel [Gym]

## SATURDAY

## CIRCUITS

9:00 Mark [Gym]

## INDOOR CYCLING

10:00 Maura [Studio]

## TEEN GYM

12:00 [Gym]

## TEEN GYM

17:00 [Gym]

## SUNDAY

## INDOOR CYCLING

10:00 Catriona  
[Studio]

## TOTAL BODY FITNESS

11:00 Chris [Gym]

## TEEN GYM

12:00 [Gym]

## TEEN GYM

17:00 [Gym]



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