

The Health Club
AT THE SHELBOURNE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00am	Running club 20 mins	Arms & Abs 30 mins	Running club 20 mins	Barbell Blitz 30 mins	H.I.I.T 30 mins		
07:30am	Shelbourne Spin 45 mins	Bootcamp H&B 45 mins	BoxFit 45 mins	Aqua Blitz 30 mins	Bells & Bars 45 mins		
08:00am				Barbell Blitz 30 mins			
09:30am						Aqua Blitz 30 mins	
10:30am	Box Fit 30mins		Rehab & Mobility 30mins	Arms & Abs 30 mins			
11:00am						Bootcamp H&B 45 mins	Bells & Bars 30 mins
12:00pm							Shelbourne Spin 45 mins
12:30pm	Arms & Abs 30 mins	Shelbourne Spin 30 mins	Intensity 30mins	Barbell Blitz 30 mins	Circuit 30 mins		
1:00pm	Shelbourne Spin 30 mins	Functional Training 30 mins	Kettlebells 30 mins	Pilates 30 mins	Fit Ball 30 mins		
5:30pm	Barbell Blitz 30 mins			Rehab & Mobility 30 minutes			
6:00pm	Shelbourne Spin 45 mins	Intensity 40 mins	Shelbourne Spin 45 mins	Barbell Blitz 40 mins	Kettlebells 45 mins		
7:00pm	Pilates 45 mins	Circuit 30 mins	Kettlebells 30 mins	Aqua Blitz 30 mins			

- Please arrive 5 minutes before the class starting time.
- Please bring a towel and water with you.