



EAST CORK HARBOUR

*Fitness*

Exercise for Everyone

# CLASS TIMETABLE\*

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|                  |             |                    |
|------------------|-------------|--------------------|
| <b>MONDAY</b>    | 09.30-10.15 | Spin and Tone      |
|                  | 18.30-19.15 | Spin               |
|                  | 19.30-20.15 | Circuit City       |
| <b>TUESDAY</b>   | 06.30-07.15 | Spin               |
|                  | 19.00-19.45 | Spin               |
|                  | 20.00-20.45 | Forever Young      |
| <b>WEDNESDAY</b> | 09.30-10.15 | Spin               |
|                  | 18.00-18.45 | Spin and Tone      |
| <b>THURSDAY</b>  | 06.30-07.15 | Spin and Tone      |
|                  | 09.30-10.15 | Tabata             |
|                  | 18.30-19.15 | Spin               |
|                  | 19.30-20.15 | Boxercise          |
| <b>FRIDAY</b>    | 09.30-10.15 | Spin and Tone      |
|                  | 17.45-18.30 | Spin               |
|                  | 18.45-19.30 | Forever Young      |
| <b>SATURDAY</b>  | 09.00-09.45 | Men's Shed Fitness |
|                  | 10.00-10.45 | Spin               |
| <b>SUNDAY</b>    | 10.00-10.45 | Spin               |

\* Timetable subject to change depending on demand. Please see [echfitness.com](http://echfitness.com) for current timetable.  
Men's Shed fitness class specifically for men of all ages. Forever Young specifically for 50 years and above

**BOOK ONLINE**  
USING GLOFOX APP



[echfitness.com](http://echfitness.com)  