TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.30AM		SPINNING 30 MINS				
9.30AM	KETTLEBELLS 30 MINS		30 MINS FITNESS SUITE		INSTRUCTORS COMBO	
10AM	STEP AEROBICS	BODY SCULPT	INSTRUCTORS COMBO AQUA FIT (45 mins)	SPINNING 60 MINS AEROBICS MIX AQUA FIT MAIN POOL		
10.30AM						45 MINS FITNESS SUITE
11AM	AQUA FIT (45 mins)				AQUA FIT (45 mins)	
11.15AM						15 MINS ABS
1.15PM	30 MINS FITNESS SUITE	30 MINS BODY SCULPT	30 MINS FITNESS SUITE	BLT 30 MINS	30 MINS SUSPENSION	
5.30PM	40 MINS FITNESS SUITE	40 MINS FITNESS SUITE	40 MINS FITNESS SUITE	40 MINS FITNESS SUITE		
5.45PM	SPINNING 45 MINS					
6PM					KETTLEBELLS 40 MINS	
6.15PM		15 MINS ABS				
6.30PM			SPINNING 45 MINS			
6.45PM	SPINNING 45 MINS				15 MINS ABS	
7PM	INSTRUCTORS COMBO	40 MINS FITNESS SUITE SUSPENSION TRAINING	KETTLEBELLS 45 MINS (7.15pm)	BODY SCULPT		
8 PM		AQUA FIT MAIN POOL				
8.30PM				SUSPENSION TRAINING		

Fitness Classes Explained…

Suspension Training: A form of resistance training that involves bodyweight exercises, aimed at developing strength, balance, flexibility and joint stability! Using dynamic movements this class will really help you develop strength – once you get the "hang" of it, you'll never look back!

40 min / 30 min Fitness Suite: Body conditioning, resistance training & an aerobic workout, all in one! The fitness suite is a specially designed suite where instructors put you through your whole body workout in 30 or 40 mins!

Spinning: A challenging and fun workout, suitable for all levels of fitness. Great for weight loss, aerobic fitness and toning! Test yourself in this fun and energizing class!

Aqua Fit: Not only is exercise in the water fun, it's also very good for you with many benefits! You will get a great workout with low impact on muscles and joints. Due to the resistance of water, classes are at a slower pace than land based classes!

Fab Abs: Short 15 min class focused totally on abs and core! This is an ideal way to round off your workout or give your fitness class an extra kick. And it's free!!!

Body Sculpt: This class will sculpt, tone and strengthen your entire body – and fast!! You will burn fat, gain strength and produce lean muscle. It is suitable for all levels of fitness so come along and get those results you want!

BLT: Bums, Legs and Tums classes are a great way to firm up and by toning these large muscle groups, your body will burn more calories and improve blood circulation. A class suitable for everyone!

Pilates: A conditioning routine that will help flexibility, strength and endurance. This class is great for developing core strength, balance and improving coordination. Sign up for a course and please bring your own mat!

Kettlebells: An all over body workout particularly focusing on the lower back, legs, core and shoulders. During a KB class you can burn up to 12 calories a minute while working several muscle groups simultaneously! This class will tone muscle, improve muscle endurance, and improve joint support & mobility!

Class Fees….

	WHITE CARD	GOLD CARD	VISITOR
SPINNING	FREE	€4	€10***
STEP, AEROBICS, MIX	FREE	€4	€10***
AQUA	€4	€4	€10***
FITNESS SUITE	FREE	30 mins €3 40 mins €4	€10 both***
KETTLEBELLS	FREE	€4	€10***
15 MIN ABS	FREE	FREE	FREE
BODY SCULPT	FREE	€4	€10***
BLT	FREE	€3	€6***
SUSPENSION	FREE	€8	€12***
PILATES 4/8wks	Poa	Poa	Poa

ALSAA Membership…

Join online at any time.

Please visit our website click on one of the "Club Membership" buttons to choose your Membership plan.

*** must be signed in by a member

www.alsaa.ie/membership-sign-up

Gym Opening Hours.

Monday to Friday 6:30am to 10:30pm.

Saturday & Sunday 9am to 6pm

ALSAA,
Dublin Airport,
Co. Dublin.

Tel: 01 488 0400
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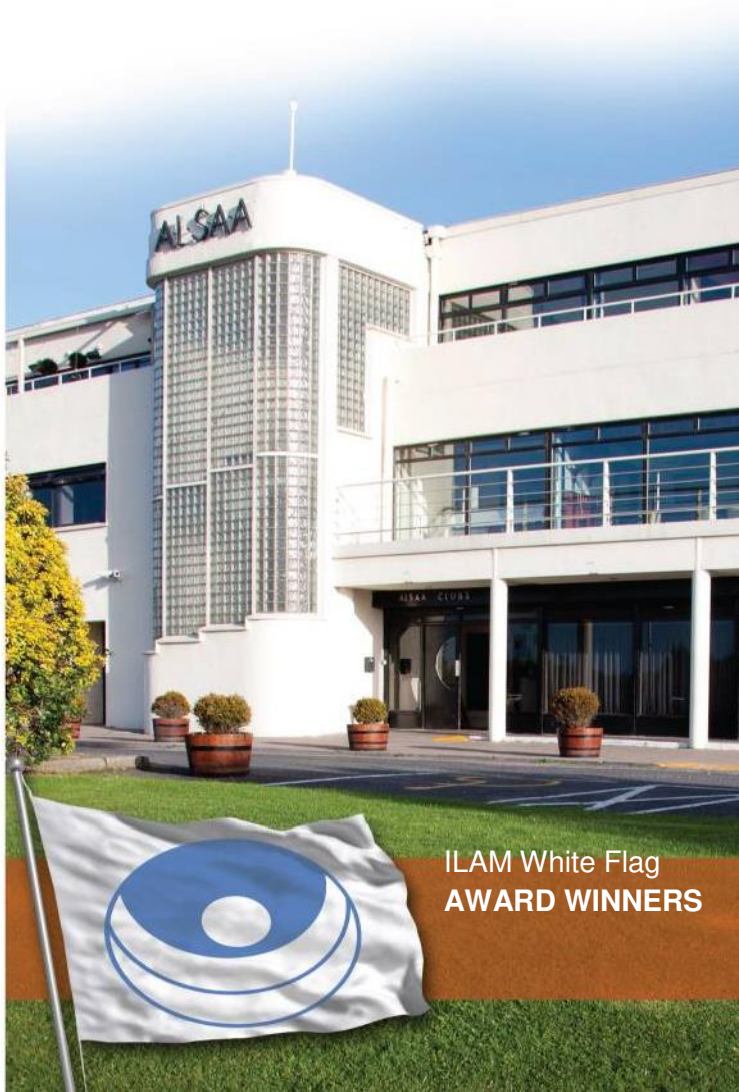
Email: info@alsaa.ie

ALSAA

Fitness Classes
Timetable