

TALBOT FITNESS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
HIIT @9:45am <i>Members Only</i>	BODY-SHOX @9:15am <i>Members Only</i>	CORE-FUSION @9:30am <i>Members Only</i>	B.L.T @9:45am <i>Members Only</i>
PILATES @6:30pm <i>Public*</i>	AQUA-AEROBICS @10am <i>Public*</i>	AQUA-BLAST @10am <i>Public*</i>	UPPER-PUMP @6:30pm <i>Members Only</i>
ZUMBA® @7:15pm <i>Public*</i>	FLEX 'n' BURN @7pm <i>Members Only</i>	PILATES @6:30pm <i>Public*</i>	AQUA-BLAST @7:30pm <i>Public*</i>
AQUA-AEROBICS @7:30pm <i>Public*</i>		ZUMBA® @7:15pm <i>Public*</i>	

* ALL classes {Except Aqua Classes} must be pre-booked through our **LegitFit** booking system.

* Public classes are **€10** per class. Members are **FREE**.

* Day passes will not be accepted as payment.

* Public Class timetable depends on function room availability, and will change weekly. Please see LegitFit for bookings.