

DIT Kevin Street



Fit
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Go
Club @

CLASS TIMETABLE

	Times	Class	Duration	Location
MONDAY	12.00 - 12.45pm	Swim Masterclass	45 mins	Pool
	1.00 - 1.30pm	Spin Fit	30 mins	Studio 1
	1.00 - 1.45pm	Circuits	45 mins	Studio 3
	5.00 - 5.30pm	Begin to Spin	30 mins	Studio 1
	6.00 - 6.40pm	Les Mills GRIT™	40 mins	Studio 3
TUESDAY	1.00 - 1.30pm	Spin Fit	30 mins	Studio 1
	1.00 - 1.45pm	Kettlebells	45 mins	Studio 3
	5.00 - 5.45pm	Swim Masterclass	45 mins	Pool
	5.15 - 5.45pm	TRX Tone	30 mins	Studio 2
	6.00 - 6.45pm	Boxercise	45 mins	Studio 3
WEDNESDAY	1.00 - 1.30pm	Spin Fit	30 mins	Studio 1
	1.00 - 1.40pm	Les Mills GRIT™	40 mins	Studio 3
	5.15 - 5.45pm	Bums & Tums	30 mins	Studio 2
	6.00 - 6.45pm	Spin & Sculpt	45 mins	Studio 1
THURSDAY	1.00 - 1.30pm	Spin Fit	30 mins	Studio 1
	1.00 - 1.45pm	Boxercise	45 mins	Studio 3
	5.15 - 5.45pm	Kettlebells	30 mins	Studio 3
	6.00 - 6.45pm	Circuits	45 mins	Studio 3
FRIDAY	1.00 - 1.45pm	Spin & Sculpt	45 mins	Studio 1

Surcharge on Les Mills GRIT Classes. €1 extra for Students/Staff/Graduates €2 Public.
Timetable is subject to change based on instructor availability.

Feb-June 2017



FIT2GO - DIT Kevin St Tel. 01-402 4715

www.fit2goclub.ie



Fit2Go App
available for both
iPhone and Android



FITNESS CLASS DESCRIPTIONS

Les Mills GRIT Series™ - High Intensity Interval Training class that will get you fitter faster. The series is broken into three classes; GRIT Strength, GRIT Plyo and GRIT Cardio. The GRIT Series takes HIIT to a new level and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

Boxercise - A fun effective workout for all ages and fitness levels! This is a great cardio class based around boxing training and using boxing equipment. Gloves are supplied in class, but if you like this class and want to do it on a regular basis it is recommended that you purchase your own gloves.

Kettlebells - provides the ultimate in "functional" training. The basic Kettlebell drills centre around fundamental human movements such as squatting, lunging, bending, lifting, pushing, pulling and twisting. A fun effective workout! Challenge yourself.

Bums & Tums - All levels of fitness are welcome! Our fitness instructors will tailor the intensity of the workout to help you optimise your results while you will enjoy meeting and connecting with other 'Mummies' to share and laugh about life's new challenge!

Circuits - New and improved, this class will see you through a series of cardio and resistance exercises involving the use of kettlebells, suspension training on the TRX straps, battle ropes and much more. Fantastic, fun and more effective than ever.

Spin Fit - This is a group indoor cycling class using stationary bikes at varying speeds and resistance settings. In this fantastic cardiovascular workout you're kept motivated by the instructor and high energy music. Spinning classes are always fun, energetic and addictive.

Spin & Sculpt - 25 minutes spin with 20 minutes sculpting.

TRX Tone - Is a full body resistance style class, using your own bodyweight and TRX suspension straps. TRX suspension training develops strength, balance, flexibility and core muscles all at the same time.

Swim Master Class - Stroke technique for all strokes. Coached lane swimming, swim for fitness and swim in a group. Similar to a fit-squad session but in the water. Class is available for Fit2Go Members only.

PLEASE NOTE

- Classes are booked through the Fit2Go Club App.
- Numbers per class are limited; we recommend you book in advance to avoid disappointment
- Swimming lessons, yoga and other programmes will be offered in addition to the above timetable
- A minimum of 3 people are required for a class to go ahead and a minimum of 4 people for any of the Les Mills classes
- Appropriate footwear and clothing must be worn
- Please inform your instructor of any illness/injuries that may affect you while exercising
- Participants arriving late for a class can only join in at the instructors discretion
- A sweat towel is essential for fitness classes
- Please note this timetable is subject to change, correct as of February 2017.



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