

# Health Club Class Timetable 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPIN 30 7:30 - 8:00 AM	SWEAT 7:30 - 8:15 AM		SPIN 30 7:30 - 8:00 AM	SWEAT 7:30 - 8:15 AM	
PUMP 9:30 - 10:15 AM		HYROX 9:30 - 10:15 AM	BOX 9:30 - 10:15 AM	PUMP 9:30 - 10:15 AM	HYROX 9:30 - 10:15 AM
AQUA FIT 10:30 - 11:15 AM		AQUA FIT 10:30 - 11:15 AM		AQUA FIT 10:30 - 11:15 AM	
HYROX 6:30 - 7:15 PM	PUMP 6:00 - 6:45 PM	SPIN & ABS 7:00 - 8:00 PM	PUMP 6:30 - 7:15 PM		
SPIN & STRETCH 7:30 - 8:30 PM			HYROX 7:30 - 8:15 PM		

Tel: 057 86 95050

Email: [healthclub@theheritage.com](mailto:healthclub@theheritage.com)

Please note, all classes must be pre-booked