

THE HEALTH CLUB

AT THE SHELBOURNE

TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30	Hatha Yoga 1 hour	Hatha Yoga 1 hour	HIIT 30 min	Hatha Yoga 1 hour	Circuit 30 min	
12:00	HIIT 30 min		LBT 30 min			Hatha Yoga 1 hour
13:00					Hatha Yoga 1 hour	
13:15						Pilates 45 min
17:30	Shelbourne Bells 30 min	LBT 30 min	Shelbourne Bells 30 min			
18:00	Hatha Yoga 1 hour	Pilates 45 min	Hatha Yoga 1 hour	Hatha Yoga 1 hour	Hatha Yoga 1 hour	
18:45		Hatha Yoga 1 hour				

CLASSES

Body Pump

A full body workout involving big muscle groups, such as chest, back, shoulders and legs.

Abs Attack

A 30 minute focus on your abdominal and core area.

Shelbourne Kick

A cardio class involving shadow boxing, ducking and combos.

Pilates

Pilates is a mind body exercise that focuses on core, stability, strength and flexibility, it involves precise movements, controlled breathing and muscle engagement.

LBT

A lower body workout focusing on quads, hamstrings and glutes.

HIIT

A high intensity interval class with the aim being to burn the most amount of calories in a short amount of time.

Thumb Boxing

A fast-paced cardiovascular workout using boxing pads and bodyweight exercises, work with a partner to perform punches, kicks, ducks and combination moves.

Full Body Circuit

Different exercises at each station using different equipment.

Shelbourne Strength

A strength class with a variety of heavy weighted exercises.

400 Rep Challenge

A full body, high-intensity, muscle-building workout for greater strength, endurance, and cardio health.

Body Weight Circuit

Exercise stations using body weight exercises.

Shelbourne Spin

Increase your endurance, stamina and cardiovascular system with a spin class in our studio.

Shelbourne Bells

A class involving exercises with body weight and kettlebells.

Hatha Yoga

This practice involves breath, body, and mind. This class focuses on posture and breathing techniques.



To ensure availability you may schedule for your preferred class by calling +353 1 663 4686 or email ak.dubdt.bc@autographhotels.com

est.1824

theshelbourne.com