

THE HEALTH CLUB

AT THE SHELBOURNE

TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30	Yoga 1 hour	Full Body 30 min		Pilates 45 min	Circuit 30 min		
12:30	Mobility 30 min		LBT 30 min			Pilates 45 min	
13:00		Abs Attack 30 min	Abs Attack 30 min	Mobility 30 min	Yoga 1 hour		HIIT 30 min
13:20						Yoga 1 hour	
17:30	Shelbourne Bells 30 min		Circuit 30 min	LBT 30 min			
18.00	Yoga 1 hour		Yoga 1 hour	Yoga 1 hour			

CLASSES

LBT

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

Yoga

This practice combines breath, body, and mind. The class focuses on posture and breathing techniques to support balance, flexibility, and relaxation.

Shelbourne Bells

A class featuring exercises using body weight and kettlebells to build strength and improve overall fitness.

Full Body Circuit

A circuit-style class featuring different exercises at each station using a variety of equipment.

Pilates

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

Abs Attack

A 30-minute class focused on strengthening the abdominal and core muscles.

Full Body

A full-body workout designed to strengthen and condition the entire body in one session. This class incorporates a range of exercises that target major muscle groups, helping to build strength, improve endurance, and support overall fitness.

HIIT

A high-intensity interval training class designed to burn a high number of calories in a short amount of time.

Mobility

A mobility class designed to help the body move more freely and efficiently. Suitable for all fitness levels, these sessions focus on improving flexibility, stability, and range of motion through a series of controlled movements and stretches, helping to support overall movement and complement other workouts.

