

	Spring 2017		Prices	
			Memb./ Non Memb.	
Monday				
	Rip'd	9.30	Free	€5.00
	Rip'd	18.30	€5.00	€8.00
	30 Mins Beginner Spin	19.30	€5.00	€5.00
	30 Mins Beginner Spin	20.15	€5.00	€5.00
Tuesday				
	Spin 45	7.00	€5.00	€8.00
	Turbo	7.00	Free	€5.00
	Kettlebell / TRX	9.30	Free	€5.00
	The H.I.I.T. Sessions	18.15	€5.00	€5.00
	Beginning 14/Feb CT5K	19.00	€2.00	€2.00
	30 Mins Kettlebell 30	19.00	€5.00	€5.00
	Kettlebell / TRX	19.45	€5.00	€8.00
Wednesday				
	Fusion	7.00	Free	€5.00
	Spin and Tone	9.30	Free	€5.00
	Spin	18.15	€5.00	€8.00
	Spin and Tone	19.15	€5.00	€8.00
	30 Mins Beginner Spin	20.15	€5.00	€5.00
Thursday				
	Rip'd	7.00	Free	€5.00
	Fusion	9.30	Free	€5.00
	Beginning 14/Feb CT5K	19.00	€2.00	€2.00
	Rip'd	18.30	€5.00	€8.00
	Spin 45	19.30	€5.00	€8.00
Friday				
	Fusion	9.30	Free	€5.00
Saturday				
	Indoor Bootcamp	10.00	€5.00	€5.00

Rip'd: The one stop body shock where you will find yourself immediately hooked. It combines weights and resistance with short cardio routines. Get Lean, Get Toned, Get Rip'd.

Schoolhouse Sessions: An exercise class designed for anyone who is finished work or free to work out at 4pm. This class will incorporate lots of the latest training methods, hit, Kettlebells and tabata all thrown into the mix.

Spin: Stick in with the bunch in this great indoor cycling class. Tackle the sprints, take on the climbs. Improve aerobic fitness, burn calories and tone and shape your legs. Acquire those endorphins and leave on a high.

Turbo: Get cardio conditioned in this 45 minute workout. Work through a range of high intensity exercises in tabata format. Leave exhausted but exhilarated.

Fusion: Multiple exercises, one workout. Fusion combines exercise disciplines and delivers them in one high energy 45 minutes.

SpinHybrid: Mix it up with this spin plus more class. Intervals of sprinting and climbing on the bike are combined with a great upper body, lower body and core work out on the studio floor. Time flies when you're doing something different every 5 minutes.

TRX/Kettlebell Combo: New to An Riocht this autumn Combo Trx/Kettlebells. Combining Trx and Kettlebells promotes fat burning while toning the whole body. Torch calories while developing strength, mobility and flexibility. This class is suitable for men and women of all fitness levels.

Kettlebell 30: A 30 min full body work out using varied weight Kettlebells, fat burning and toning in one class