

Aura Drogheda Gym & Fitness Timetable



Monday

Time	Fitness Class
09.30 - 10.30am	Spin & Tone
18.00 - 18.45pm	Step & Tone
19.00 - 19.30pm	Begin to Spin (beginner)
19.45 - 20.30pm	Bounce & Sculpt
20.30 - 21.15pm	Cardio Boxing **NEW**

Tuesday

Time	Fitness Class
09.30 - 10.15pm	Cardio Boxing **NEW**
10:15 - 10.45am	Stability Ball
13.15 - 13.45pm	Quick Fix Circuits
17.00 - 18.00pm	Kids Khai Bo (pre-booked course)
18.00 - 18.45pm	Khai Bo
18.45 - 19.15pm	Bounce
19.30 - 20.15pm	Spin (intermediate)
20.30 - 21.30pm	Pilates (Pre-booked)

Wednesday

Time	Fitness Class
07.00 - 07.30am	Spin Xpress
10.00 - 10.45am	Bounce & Sculpt
18.15 - 19.00pm	Cardio Mix
19.00 - 19.45pm	Cardio Boxing **NEW**
20.00 - 20.30pm	Bounce & Sculpt
20.30 - 21.30pm	Yoga (Pre-booked)

Thursday

Time	Fitness Class
09.30 - 10.15am	Khai Bo
10.15 - 11.15am	Yoga (Pre-booked)
13.15 - 13.45pm	BLT
18.15 - 19.00pm	Body Sculpt
19.00 - 19.45pm	Khai Bo
20.00 - 20.45pm	Spin & Strength (All levels)

Friday

Time	Fitness Class
10.00 - 10.45pm	Cardio Boxing **NEW**
18.30 - 19.15pm	Spin
19.15 - 20.00pm	Lane Coached Swim

Saturday

Time	Fitness Class
10.30 - 11.15am	Super Spin
11.15 - 11.45am	Ab Attack

Sunday

Time	Fitness Class
11.30 - 12.15pm	Spin
12.15pm - 1.00pm	Body Sculpt & Stretch

All Fitness Classes are Free for Members!

- Weight Loss**
- Toning**
- Combination**
- Mind & Body**

Gym Opening Hours

Tuesday and Thursday
8.30am-10.00pm

Monday, Wednesday, Friday
6.30am-10.00pm

Saturday, Sunday and Bank Holiday
10.00am-4.00pm

Teen Gym
4.00pm - 18.00pm Weekdays
12pm - 3pm Weekends

****NEW** Cardio Boxing** – the best stress buster around - is one of the most effective forms of cross-training available today. It combines use of both aerobic and anaerobic exercises. Using basic boxing techniques with cardio fitness movements. This class enhances sports specific senses, including hand-eye co-ordination, balance and timing. This class will improve cardio vascular fitness and tone the whole body. Guaranteed to always have fun whilst getting fit! Suitable for all levels of fitness

Spinning – A fun and challenging indoor cycle class that is guaranteed to burn calories fast and condition your body. No co-ordination needed.

Begin to Spin – 30min class introducing the participant to spin. Focusing on technique and bike set up.

Spin Xpress- Kick Start your day with this 30min spin class before work.

Spin & strength – Mixture of spinning and toning exercises. Maximise the results from this great workout.

Step & Tone – Enjoy step aerobics followed by toning to give an excellent overall workout that will leave you invigorated. Suitable for All Levels

Body Sculpt & Stretch - A class dedicated to reshaping & toning the entire body. Guaranteed to sculpt and stretch every part of the body. Suitable for all levels.

Bounce and Sculpt – A non impact class which is on a trampoline and finished with toning exercises. This class is recommended for all levels as it is non impact.

Stability Ball: Covering a series of moves with a "Swiss" ball to tone & strengthen posture & balance & increase core stability.

Quick Fix Circuits

Pushed for time? This is the class to burn calories, have fun and continually develop your fitness levels with a whole body workout.

Ab Attack

Helping you use your abdominal muscles to improve posture and strength, we will inspire you with the latest exercises and innovative equipment such as Swiss Balls.

BLT Bums, Legs & Tums – Toning and sculpting class with emphasis on BL&T

Khai Bo – This aerobic style class combines moves and stances from a range of self defence disciplines including Boxing, Kick Boxing and Karate. It is a non contact class and an excellent fat burner. This class uses music in a challenging way.

Courses:

Yoga: Comprises elements of Tai-Chi and Yoga, this is the ultimate unwind and relaxing class yet toning the whole body. Increase your postures and flexibility. Set against uplifting music, you will leave feeling refreshed and revived.

Pilates: This class focuses on core strength and body alignment. Recommended by medical professionals to rehabilitate back problems and other injuries related to poor posture.

Kids Khai Bo: A non-contact martial art based workout, incorporating kicks, punches and katas. The whole class is done to fantastic sounds, great fun. This class is for 8-17 years old, both girls and boys. Perfect for that after school exercise work out!

All courses are 8 weeks and need to be pre-booked at reception.