Welcome to the **Fitness Timetable** at dp Gym

Located at the
Deer Park Hotel Golf & Spa, Howth, Co. Dublin

Please:

1) Sign up to the dp class loyalty scheme – complete 10 classes within 4 weeks and receive **one** of the following **FREE**; Balneotherapy Bath / Back, Neck and Shoulder Massage or a Dietetic Consultation (conditions apply)
2) Arrive 5 minutes early for your class
3) Bring your sweat towel and a bottle of water
4) Enjoy your class

Endorsed by:

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NUTRITION AND EXERCISE SPECIALISTS

"Believing in your health"

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Studio Classes						
9 - 9.30	Powerful Abs	Plyometrics 101	Powerful Abs	Power Abs	Legs, Bottoms & Hula	
9.30– 10.15	Versa Train	Hi NRG	Step 2 Success	Step N Tone	Versa Train	Legs, Bottoms & Hula
10.15 – 10.45	Legs, Bottoms & Hula	Fit Ball	Legs, Bottoms & Hula	Legs, Bottoms & Hula	Fit Ball	Fit Ball
11- 12	Aerobotone	Step n Tone	Step n Tone	Hi NRG	Aerobotone	Circuits
Evening Studio Classes						
18 – 18.30	Hi NRG	Legs, Bottoms & Hula	Powerful Abs	Legs, Bottoms & Hula	Powerful Abs	
18.30 – 19.30	Boxercise	Step N Tone	Step 2 Success	Fit Ball	Circuits	
19.30 – 20.30	Circuits	Circuits	Circuits	Circuits		
Always arrive 5 minutes before your class starts and bring your sweat towel & water bottle too						
Aqua Splash (Pool)						
Aqua AM	11.30 – 12.30		10.30 – 11.30		9.30 – 10.30	
Aqua PM	20.15 – 21.15	19.30 – 20.30				
Pilates and Yoga Studio (Palm Room)						
*Pilates		10 - 11		10 – 11		
*Pilates				20.30 – 21.30		