



*Deer Park
Hotel*
Golf & Spa
Howth, Co. Dublin

Welcome to the *dp Gym* Timetable
Deer Park Hotel Golf & Spa,
Howth, Co. Dublin

Please note:

- ***Please arrive 5 minutes early for your class***
- ***Please bring your sweat towel and a bottle of water***
- **Once the class warm up has been completed there will be no admittance to that class**
- **Zumba Party is here!!**
- **Classes with a * are prepaid courses**

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NUTRITION AND EXERCISE SPECIALISTS

“Believing in your health”

NEW PROVISIONAL dpGym TIMETABLE STARTING January 9th 2012

Classes with a * are prepaid courses

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am- 7.45am	Arrive 5 mins before your class starts	Spin Cycling Spin Studio	Spin Cycling Spin Studio	Spin Cycling Spin Studio	Spin Cycling 8 – 8.30am	*hp running 9 – 10am
8.30am – 9am	Begin to Spin (Spin Studio)	Core Control	Begin to Pump	Core Control	Step 30	Fit Zone 9 – 10am
9.15am – 10.15am	Zumba Party	dpPump	dpPump	Boxercise	Zumba Party	Stretch n Flex 10 – 10.30am
9.30am – 10.15am	Spin Cycling Spin Studio 9.15-10.15am	Purchase your water bottle at reception	Spin Cycling Spin Studio 10.15 – 11.15	Spin Cycling Spin Studio 9.15 – 10am	Purchase your water bottle at reception	dpPump 11.15 - 12
10.15 am – 11.15 am	dpPump	Cardio Core	Pure Step 10.15 – 11.15	dpPump	dp Pump	*hpOutdoors 10– 11.30
11.15 – 12	Step	Spin Cycling Spin Studio	Fit Zone	Fit Zone	Fit Zone	
12 – 12.30	Move with Pilates	dpTone 11.15 - 12	Stretch n Flex	Book your assessment!	Stretch n Flex	
Always arrive 5 minutes before your class starts and bring your sweat towel & water bottle						
5 – 5.50pm	dp Pump	Boxercise	Pure Step	Aerobics Heat		
6 – 6.30pm	Power Abs	●Begin to Spin ● BLT(Studio)	Power Abs	Begin to Spin	Boxercise 5.30 – 6.30pm	
6.30pm - 7.30pm	● Boxercise 50m ● Spin Cycling 6 - 7pm	●Spin Cycling (Spin Studio) ●Aerobics Heat (Studio)	●Zumba Party ●Begin to Spin 6.30 – 7pm	dpPump	Spin Cycling	Book in for your gym assessment today
7.45pm - 8.30pm	Spin Cycling 7.30pm 45m	dpPump	dpPump 7.30 – 8.30pm	Spin Cycling		
7 – 8pm	*hpOutdoors BACK in 2012	Spin Cycling 7.30– 8.15pm	*hp running 7 – 8pm		Step is back!!	
Aqua Splash (Pool)						
Aqua (am)	10.30 – 11.30		10.30 – 11.30	10.30 – 11.30	09.30 – 10.30	
Aqua (pm)	20.15 – 21.15	19.30 – 20.30			Always Be Hydrated	