

CLASS SCHEDULE SOUTH TERRACE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	MOBILITY & CORE 7:00AM	METCON 7:00AM	MORNING YOGA 7:00AM	FUNCTIONAL CIRCUIT 7:00AM	METCON 7:00AM		
	MORNING YOGA 9:45AM					YOGA 10:00AM	
						RIDE 11:00AM	FUNCTIONAL CIRCUIT 11:00AM
AFTERNOON	RIDE 1:15PM	RIDE 1:15PM	LIFT 1:15PM	METCON 1:15PM	RIDE 1:15PM		
	SPPT € 5:45PM	SPPT € 5:45PM	SPPT € 5:45PM	SPPT € 5:45PM		CLASSES LIFT A full body barbell workout leaving no muscle group untouched RIDE An intense interval style workout to get your heart rate pumping on our Spin Bikes. YOGA Our Yoga incorporates yoga postures, gentle movements, breath work & silent meditation. FUNCTIONAL CIRCUIT Jump, punch & kick your way to a high intensity circuit, designed to work on all aspects of your fitness. MOBILITY & CORE A combination of multiple methods of stretching, foam rolling, muscle pain release, and movement quality improvement. It's not flexibility, but it involves being flexible. It's not yoga, but it might incorporate some yoga positions. It's not stability, but it includes having core strength.	
	SPPT € 6:45PM	SPPT € 6:45PM	SPPT € 6:45PM	SPPT € 6:45PM			
METCON 7:00PM	PILATES 7:00PM	RIDE 7:00PM	BOOTYBLAST 7:00PM	PILATES 7:00PM			
EVENING	RIDE 8:00PM	RIDE 8:00PM	PILATES 8:00PM	RIDE 8:00PM			

SPPT Our Semi Private Personal Training is our small group Personal training product, designed to teach you the fundamentals of fitness including Squats & Deadlift under the watchful eyes of our personal trainer, max number in this class is 6 people to one training, this allows for a lot of personal attention to be given to each client

METCON
Short for metabolic conditioning, metcon describes a type of workout that most commonly combines strength training & cardio conditioning, as well as both an aerobic & anaerobic exercises.

ABS & CORE
This class will concentrate on strengthening your core muscles. Including your abdominal muscles, back muscles & the muscles around the pelvis. This includes twisting, crunches, planks, among other core exercises.

PILATES
Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Similar to Yoga, Pilates concentrates on posture, balance and flexibility.

**ONE
LIFE FITNESS**

CAMDEN QUAY, CORK | SOUTH TERRACE, CORK