

GYM CO

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FINAGHY TIMETABLE

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
6.15AM	GYMCOX CONCEPT ≠	GYMCO 50/50 Δ	GYMCO CYCLE 45 Δ	GYMCO CIRCUITS ≠	GYMCO CYCLE 45 Δ			
9.45AM	BODYPUMP ≠	GYMCOX CONCEPT ≠	YOGA ≠	BODYPUMP ≠	GYMCO CIRCUITS ≠	8.30AM	BOXING CIRCUITS ≠	
10.45AM			GYMCO GLUTE CAMP ≠			9.15AM	GYMCO CYCLE 45 Δ	RUNNING CLUB
12.30PM					GYMCO CYCLE 30 Δ	10.00AM	BODYPUMP ≠	GYMCO CIRCUITS ≠
5.30PM	RUNNING CLUB					11.00AM		YOGA ≠
5.30PM	BODYPUMP ≠	GYMCO CYCLE 45 Δ	GYMCOX CONCEPT ≠	GYMCO 50:50 Δ	GYMCO CYCLE 45 Δ			
6.00PM	GYMCO CYCLE 45 Δ		GYMCO CYCLE 45 Δ					
6.15PM			BOXING CIRCUITS Δ					
6.30PM	GYMCOX CONCEPT ≠	BODYPUMP ≠		BODYPUMP ≠				
7.00PM			BODYPUMP ≠					
7.30PM	PILATES ≠			LADIES BARBELL CLUB ≠				
8.00PM			YOGA ≠					

LOCATION
 ≠ MAIN STUDIO
 Δ SPIN STUDIO

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scan code to book finaghy classes



DESCRIPTIONS

HIIT CLASSES

GYMCO BLAST: Looking for a New Challenge? GymCo Blast is the answer. Using our new Assault Bikes, Rowers and Ski Ergs mixed with Kettlebells, Wall Balls and Bodyweight moves this will push your fitness to a new level. This class works well as a bolt on to your regular classes or simply for a hard hitting 30-minute workout.

STRENGTH CLASSES

LES MILLS BODYPUMP™: The Original Barbell workout that strengthens and shapes your entire body. Using the REP EFFECT™ -light weights, high reps- you will feel the change happening instantly.

KETTLEBELL CIRCUITS: This is the full body workout using a cast iron ball with a handle working through sequences of back to back exercises, supersetting dynamic movements that will target endurance, strength, balance and agility.

GYMCO CIRCUITS: This workout will get you toned and burning heaps of calories due to its combination of resistance, cardio and core exercises. You can get a lot done in 45 minutes. Bootcamp – This Circuit style workout based on military techniques and is guaranteed to challenge both your mental and your physical strength. Are you tough enough?

CARDIO CLASSES

STUDIO CYCLE: This indoor cycling experience is an incredible way to get fit and burn lots of calories. You'll be taken on a journey away from the gym, over hills, along open roads, down fast descents and on to a fitness high like no other.

MIND AND BODY

YOGA: Originating from Ancient India, Yoga is made up of a series of poses, meditation and breathing techniques to give you greater control of the body and the mind as well as improving flexibility and mobility.

GYMCO STRETCH: This class is designed to improve mobility and flexibility. Spend some time at the end of the day loosening out any stiffness and improving mobility to get the most out of every class.