KEADEEN
GYM | POOL | LEISURE

NEW CLASS TIMETABLE

TIME	CLASS	CLASS LENGTH	MEMBERS PRICE	NON MEMBERS PRICE
MONDAY				
9.30am	Body Tone	40 mins	Complimentary	N/A
10.15am	Yoga	60 mins	€5 (Book at reception)	€ 10
10.30am	Aqua Aerobics	30 mins	Complimentary	N/A
11.15am	Yoga	60 mins	€5 (Book at reception)	€ 10
6.00pm	Indoor Cycling	30 mins	Complimentary	N/A
7.00pm	Aqua Aerobics	30 mins	Complimentary	€ 10
TUESDAY				
9.30am	Wake up! Spin	30 mins	Complimentary	N/A
10.30am	Aqua Aerobics	30 mins	Complimentary	N/A
11.15am	Over 50s Strength	45 mins	€ 7 (Book at reception)	€ 10
2.30 - 6pm	Childrens Swim Lessons	30 mins	Enquire at reception	N/A
6.00pm	Adult Swim Lessons	30 mins	Enquire at reception	N/A
6.00pm	Circuits	30 mins	Complimentary	N/A
6.45pm	Pilates	60 mins	Enquire at reception	Extra €
WEDNESDAY				
9.30am	HIIT	45 mins	Complimentary	N/A
10.30am	Aqua Aerobics	30 mins	Complimentary	N/A
11.15am	Over 50s Strength	45 mins	€ 7 (Book at reception)	€ 10
2.45 - 6.15pm	Childrens Swim Lessons	30 mins	Enquire at reception	Extra €
6.00pm	Spin & Circuits	30 mins	Complimentary	N/A
6.15pm	Adult Swim Lessons	30 mins	Enquire at reception	Extra €
7.15pm	Aqua Aerobics	30 mins	Complimentary	€ 10
7.15pm	Yoga	60 mins	€5 (Book at reception)	€ 10
THURSDAY				
9.30am	Spin & Circuits	45 mins	Complimentary	N/A
10.30am	Aqua Aerobics	30 mins	Complimentary	N/A
11.15am	Over 50s Strength	45 mins	€ 7 (Book at reception)	€ 10
6.00pm	Indoor Cycling	30 mins	Complimentary	N/A
6.45pm	Over 50s Strength	45 mins	€ 7 (Book at reception)	€ 10
FRIDAY				
9.30am	Body Tone	45 mins	Complimentary	N/A
10.30am	Aqua Aerobics	30 mins	Complimentary	N/A
6.00pm	Spin & Circuits	30 mins	Complimentary	N/A
7.00pm	Aqua Aerobics	30 mins	Complimentary	€ 10
SATURDAY				
10.00am	Functional Training	45 mins	€ 10 (Book at reception)	€ 10
10.15– 3.15pm	Childrens Swim Lessons	30 mins	Enquire at reception	N/A
SUNDAY				
10.00am	Spin & Circuits	45 mins	Complimentary	N/A

DISCOVER A WORLD OF WELLNESS AT KEADEEN HOTEL

At Keadeen Hotel, we're committed to helping you achieve your fitness and wellness goals. Our diverse range of gym, pool and leisure classes are designed to inspire, motivate, and transform.

OUR CLASS OFFERINGS:

- **Yoga:** Find your inner peace and improve your flexibility with our calming yoga classes.
- **Body Tone:** A full-body workout focusing on strength and toning exercises.
- **Aqua Aerobics:** A low-impact water-based workout that provides a full-body workout.
- **Wake Up! Spin:** A high-energy spin class to get your day started right.
- **Children's Swim Lessons:** Swimming lessons for children of all ages and abilities.
- **Spin & Circuits:** A high-intensity workout combining cycling and circuit training.

WHY CHOOSE KEADEEN HOTEL?

- **Expert Instructors:**
  Our highly qualified instructors are passionate about helping you succeed.
- **Supportive Community:**
  Join a friendly and motivating community of like-minded individuals.
- **State-of-the-Art Facilities:**
  Train in a modern and well-equipped gym rennovated in 2025
- **Tailored Workouts:**
  Our classes cater to all fitness levels, from beginners to advanced.

IMPORTANT INFORMATION:

- **Pre-Booking Essential:** All classes must be booked in advance at reception.
- **Minimum Participants:** Classes require a minimum of 3 participants to run.
- **Schedule:** Class schedule may vary from time to time.
- **Safety First:** Please bring a towel and water to each class.
- **Sanitation:** Sanitize equipment before and after use.
- **Punctuality:** Instructors reserve the right to deny late-comers to a class.
- **Childrens swim lessions:** Childrens swim lessons take place in 2 lanes and a lane will be reserved for Members

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ELEVATE YOUR WELLNESS JOURNEY TODAY!

For more information, please contact our Leisure Club

KEADEENCLUB@KEADEENHOTEL.IE | (0)45 431 460