

TIMETABLE

NOVEMBER



TIME	MONDAY	TUESDAY	WEDNESDAY
7.30am	SPIN - 30M	POWER - 30M	RECHARGE - 30M
12.30pm	POWER - 30M	SPIN - 30M	POWER - 30M
6.30pm	COMBAT - 45M	RECHARGE - 45M	ENERGY - 45M

TIME	THURSDAY	FRIDAY	SATURDAY
7.30am	ENERGY - 30M	SPIN - 30M	
12.30pm	RECHARGE - 30M	POWER - 30M	ENERGY - 45M
6.30pm	SPIN - 45M	METCON - 45M	

*CLASSES CAN BE BOOKED IN ADVANCE VIA OUR CONTACT DETAILS BELOW.

**CLASS CANCELLATIONS MUST BE GIVEN IN ADVANCE VIA OUR CONTACT DETAILS BELOW.

ENERGIZE FITNESS AND HEALTH, EXCISE WALK, IFSC, DUBLIN 1.

PHONE: 01-4338877

FACEBOOK: [ENERGIZE FITNESS & LEISURE](#)

INSTAGRAM: [@ENERGIZE FITNESS AND LEISURE](#)

EMAIL: INFO.DUBLIN@ENERGIZE.IE

WEB: WWW.THESPENCERHOTEL.COM/HEALTH-FITNESS/



SPIN

An energising indoor cycling class that combines climbs, sprints and intervals to improve cardiovascular fitness, endurance and lower body strength. Suitable for all fitness levels, with resistance adjusted to your own ability.

RECHARGE

Slow things down with a restorative class that combines gentle stretching, Pilates-inspired movements and yoga to improve flexibility, mobility, posture and relaxation. Perfect for recovery, stress relief and overall wellbeing.

POWER

Build total-body strength and muscular endurance through resistance training using weights, barbells and functional equipment. This class focuses on improving strength, stability and confidence, with options to suit all abilities.

METCON (METABOLIC CONDITIONING)

A Metcon class is a high-intensity, fast-paced workout that blends strength training and cardio. The primary goal is to maximize calorie burn, boost your metabolism, and improve your body's energy efficiency through quick bursts of maximum effort followed by short rest periods!

ENERGY

A fun, upbeat fitness class designed to get your heart pumping and leave you feeling motivated. Combining cardio, strength and functional exercises, it's a great all-round workout for boosting energy and fitness.

COMBAT

A fast-paced, non-contact workout inspired by martial arts. Punch, kick and strike your way through high-energy combinations to improve cardiovascular fitness, coordination, agility and core strength—no experience required.