

Platform Fitness Class



Time Table March 2025

Monday	Tuesday	Wednesday	Thursday	Friday
-	-	Spin 7:00AM	-	-
Strength 10:00 AM	Aqua Aerobics 10:00 AM	Spin 10:00 AM	Aqua Aerobics 10:00 AM	Strength 10:00 AM
-	-	-	-	-
Spin 6:15 PM	Aqua Aerobics 7:05 PM	Spin 6:00 PM	Aqua Aerobics 7:05 PM	-

Information on how to book your class

Call reception at Ballykisteon Golf Hotel on 062-33333 or send Platform Fitness a message on Facebook or Instagram



Great National
Ballykisteon Golf Hotel