

LES MILLS LIVE CLASSES

Day & Times:	Classes:
Monday 10:00 - 10:30am 6:30 - 7:00pm 7:30 - 8:00pm	Body Pump Body Attack Body Pump
Tuesday 7:00 - 7:30am 11:00 - 11:30am 7:30 - 8:00pm	Grit Cardio Body Pump: Lower Body & Core Grit Cardio
Wednesday 7:30 - 8:00pm	Body Pump
Thursday 7:00 - 7:30am 11:00 - 11:30am 7:30 - 8:00pm	Grit Strength Body Pump: Upper Body & Arms Grit Strength
Friday 7:00 - 7:30am 10:00 - 10:30am	Body Pump Body Pump

LES MILLS VIRTUAL

Day & Times:	Classes:
Monday 7:00 - 7:30am 12:00 - 12:30pm	Sprint Core
Wednesday 7:00 - 7:30am 12:00 - 12:30pm	Sprint Core
Friday 12:00 - 12:30pm 7:30 - 8:00pm	Core Sprint
Saturday & Sunday 8:30 - 9:00am 9:00 - 9:30am 9:30 - 10:00am 11:00 - 11:30am 11:30 - 12:00pm 12:00 - 12:30pm	RPM Body Attack Core RPM Body Attack Core

AQUA AEROBICS

Day & Times:	Classes:
Tuesday 12:00 - 12:45pm	Aqua Aerobics
Wednesday 6:30 - 7:15pm	Aqua Props
Thursday 12:00 - 12:45pm	Aqua Aerobics

STOTT PILATES

Day & Times:	Classes:
Monday 9:15 - 9:45am	Back Care
Tuesday 10:00 - 10:45am 6:30 - 7:15pm	Intermediate Endurance Pilates Intermediate Endurance Pilates
Wednesday 10:00 - 10:45am 6:30 - 7:15pm	Mixed Prop Pilates Mixed Prop Pilates
Thursday 10:00 - 10:45am 6:30 - 7:15pm	Beginner Pilates Beginner Pilates
Friday 9:15 - 9:45am 6:30 - 7:15pm	Back Care Mixed Mat Pilates

STOTT PILATES® m merrithew CORPORATION

Focuses on optimising musculoskeletal performance - strength, flexibility and endurance - without risking injury or building bulk. With a focus on core stability, including pelvic and shoulder girdle stabilisation, neutral alignment and breathing, the STOTT PILATES method of exercise also helps restore the natural curves of the spine, relieve tension and promotes a more balanced and aligned body.



It is a low impact class suitable for people of all ages and fitness levels. The exercises can range from flexibility to high intensity exercises getting a full body workout in the process.



Manor West Hotel, Tralee, Co. Kerry
Tel: 0667194500 ext2. | Email: leisure@manorwesthotel.ie

**2026
CLASSES FOR THE NEW YEAR**

Classes commence **January 5th**
Available to book from **December 1st**
For more information call us **066-7194500 ext 2**

MANOR WEST HOTEL
★★★★

OUR GROUP FITNESS HAS IT ALL AND FOR EVERY LEVEL WHETHER YOU WANT AQUA AEROBICS, STRENGTH, HIGH INTENSITY, LOW IMPACT OR JUST SOMETHING BRAND NEW TO YOU. WE'VE GOT THE CLASSES THAT WILL ENERGISE AND TONE YOU.

PRICES

€10 Member PAYG	€70 Non-Members 6 Week Course
€12 Non-Member PAYG	€90 Double Members 6 Week Course
€55 Members 6 Week Course	€120 Double non-Members 6 Week Course

VIRTUAL PRICES

Free to Members | €8 Non-Members

All other prices inquire at reception



LES MILLS

LES MILLS GRIT | STRENGTH | LES MILLS GRIT | CARDIO

LES MILLS GRIT™ is the next generation of High-Intensity Interval Training (HIIT). Combining hard-hitting soundtracks and the latest scientifically-tested moves that will push your body and mind to their absolute limits. Develop anaerobic stamina, increase cardiovascular fitness and build strength

LES MILLS BODYPUMP

Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 400 calories**. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music - helping you achieve much more than on your own! You will leave the class feeling challenged and motivated, ready to come back for more.

LES MILLS BODYATTACK

LES MILLS BODYATTACK® is a high-energy, athletic workout focused on cardio fitness, muscle endurance and agility. It combines sports-inspired training like running, lunging, and jumping with body weight strength exercises. You will leave feeling stronger so you can attack every day with confidence.

LES MILLS VIRTUAL

LES MILLS RPM

RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories a session**. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

LES MILLS sprint

LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. periods

LES MILLS CORE

LES MILLS CORE™ is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.