



TALBOT
FITNESS

TIMETABLE

MON

PUMP & TONE
9.30AM

AQUA AEROBICS
10.30AM

PUMP&TONE
18:15PM

TUES

BUMS N TUMS
9.30AM

MOBILITY/FLEXIBILITY
10.30AM

STEP AEROBICS
18:15PM

CORE ATTACK
19:05PM

WED

BODY CONDITIONING
9.30AM

AQUA AEROBICS
10.30AM

BODY PUMP
18:45PM

THURS

HIIT
9.30AM

SPIN
18:15PM

FRI

MOBILITY/FLEX
9.30AM

#talbotfitness talbotfitness.ie

On the Quay, Wexford
t: 053 9121444
e: fitness@talbothotel.ie

Talbot Hotel Wexford
★★★★

THE
TALBOT...
COLLECTION

