



Studio Timetable

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 1escape health club, block G, smithfield market, d7.
 opening hours: mon - fri: 6.30am - 9.30pm, sat + sun: 10am - 6pm
www.oneescape.ie

STARTS
MONDAY 13TH JUNE
- MONDAY 12TH SEPTEMBER



Save the trees.
 Go online to
 check our classes.



MONDAY

Time	Class	Duration	Type	Level	Location
07:00-07:30	Morning Spin	30min	★	◎	Spin Studio
07:30-08:00	BodySculpt	30min	★	◎	Studio1
13:00-13:30	Boot Camp	30min	★	◎	Studio1
13:30-13:45	Abs Attack	15min	★	◎	Studio1
18:00-18:45	Spinning	45min	★	◎	Spin Studio
18:15-19:00	Pump And Tone	30min	★	◎	Studio1
19:00-19:15	Abs 100	30min	★	◎	Studio1
19:15-19:45	H.I.I.T Spin	30min	★	◎	Spin Studio
19:30-20:00	Step And Tone	45min	★	◎	Studio1
19:45-20:30	Hydrorider	45min	★	◎	Pool
20:15-20:45	Yogalates	15min	★	◎	Studio1

TUESDAY

Time	Class	Duration	Type	Level	Location
07:00-07:30	Boot Camp	30min	★	◎	Studio1
07:30-08:00	Yogalates	30min	★	◎	Studio1
13:00-13:30	Lunch Spin	30min	★	◎	Spin Studio
13:30-14:00	BodySculpt	30min	★	◎	Studio1
18:00-18:45	AeroCombat	45min	★	◎	Studio1
18:30-19:00	Beginners Spin	30min	★	●	Spin Studio
19:00-19:30	Abs and Core	30min	★	◎	Studio1
19:45-20:15	H.I.I.T Spin	30min	★	◎	Spin Studio
19:45-20:15	BodySculpt	30min	★	◎	Studio1
20:15-20:30	Abs 100	15min	★	◎	Studio1
20:30-21:00	BodyStretch	30min	★	◎	Escape Room

WEDNESDAY

Time	Class	Duration	Type	Level	Location
07:00-07:30	Morning Spin	30min	★	◎	Spin Studio
07:30-08:00	BodySculpt	30min	★	◎	Studio1
13:00-13:30	Box Fit	30min	★	◎	Dojo
13:30-13:45	Abs Attack	15min	★	◎	Studio1
18:00-18:30	BLT	30min	★	◎	Studio1
18:45-19:15	Step and Tone	30min	★	◎	Studio1
19:00-19:45	Theme Spinning	45min	★	◎	Spin Studio
19:30-20:15	Pump And Tone	45min	★	◎	Studio1
19:30-20:15	Box Fit	45min	★	◎	Dojo
20:15-20:30	Abs Attack	15min	★	◎	Studio1

THURSDAY

Time	Class	Duration	Type	Level	Location
07:00-07:30	Box Fit	30min	★	◎	Dojo
07:30-07:45	Abs Attack	15min	★	◎	Studio1
13:00-13:30	Lunch Spin	30min	★	◎	Spin Studio
13:30-14:00	BodySculpt	30min	★	◎	Studio1
18:00-18:30	Yogalates	30min	★	◎	Studio1
18:30-19:30	Spin Challenge	60min	★	☆ ❖	Spin Studio
18:45-19:30	Step Aerobics	45min	★	◎	Studio1
19:45-20:15	Bodysculpt	30min	★	◎	Studio1
20:15-20:30	Abs Attack	15min	★	◎	Studio1

FRIDAY

Time	Class	Duration	Type	Level	Location
07:00-07:30	Morning Spin	30min	★	◎	Spin Studio
07:30-08:00	BodySculpt	30min	★	◎	Studio1
13:00-13:30	Cardio Burst!	30min	★	☆ ❖	Studio1
13:30-14:00	Yogalates	30min	★	◎	Studio1
18:00-18:45	Pump And Tone	45min	★	◎	Studio1
19:00-19:30	H.I.I.T Spin	30min	★	◎	Spin Studio
19:30-20:00	Fitball Balance	30min	★	◎	Studio1

SATURDAY

Time	Class	Duration	Type	Level	Location
11:00-11:45	Hydrorider	45min	★	◎	Pool
14:00-14:45	Spinning	45min	★	◎	Spin Studio

SUNDAY

Time	Class	Duration	Type	Level	Location
11:00-11:45	Spinning	45min	★	◎	Spin Studio
14:00-14:45	Boot Camp	45min	★	◎	Studio1

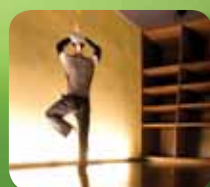
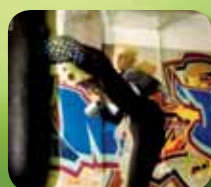
CLASS LEVEL:

- ❖ Advanced
- ☆ Intermediate
- Beginners
- ◎ All Levels

TYPE OF CLASS:

- ★ Cardio
- ★ Strength
- ★ Combo
- ★ Balance

Please Note: Beginners to Spinning must attend at least 1 beginner's spin class before entering 'All Levels'



4 floors of choice • large pool & spa • 6 studios • 50+ classes p/w • hydrorider

CLASS DESCRIPTION

ABS ATTACK! 🌀

A short class designed to give your stomach the best workout possible and hit every part of your abdominal muscles. Abs attack focuses exclusively on the abdominal region of the body and thereby works towards giving you that toned stomach you've been looking for.

ABS 100 🌀

One hundred abs in fifteen minutes. Are you ready for the challenge?

ABS AND CORE 🌀

If you want the ultimate in an abs class this is the one for you. Core training will strengthen your abs, glutes and back muscles to reduce the risk of lumbar strain whilst improving tone, strength and balance through the abdominals and back.

AEROCOMBAT 🌀

This is a fantastic cardio workout and stress buster with a combination of kicks and punches to high energy music. Shape those legs and hips with round house kicks and so much more.

BLT 🌀

This class focuses on those famous problem areas: Bum, legs and thighs! You will feel this one, but you will love the results!

BODYSULPT 🌀

BodySculpt takes the free-weight exercises commonly used in the gym and places them into a fun, studio environment. This class will see you burn calories, shape & tone your muscles whilst improving your general fitness. You will come away feeling stronger and confident.

BODYSTRETCH 🌀

This is the perfect way to finish your day. 30-minutes of relaxing and deep stretching in our heated and tranquil Escape Room to release stress and built up muscle tension. This class will also improve your flexibility and range of motion and is an excellent class for recovery.

BOX FIT 🌀

Boxing drills and body circuit training to improve stamina, strength and burn a truckload of calories! Box Fit combines cardio, body weight exercises and abs all into one workout. You'll save time by burning fat, toning muscle and getting a flat stomach all at once. This non-contact class is suitable for both males & females.

BOOTCAMP 🌀

Bootcamp combines cardiovascular and resistance training in one effective workout. The class runs in circuit training style. The exercises last 20-60 seconds before you move onto the next activity and the circuit is finished after all the exercises have been completed. Circuit training programs burn more calories compared to both traditional strength-training programs and traditional cardio workouts.

CARDIO BURST! 🌀

Increasing the intensity of your workouts can elevate your metabolism and accelerate your weight-loss goals. Forget the treadmill! If you want to burn the highest amount of calories possible while becoming a stronger you then this is the must have class in your workout regime!

FITBALL BALANCE 🌀

This is a gentle class that incorporates Pilates moves and core stability exercises on a Fit Ball. This is a fantastic way to target deep abdominal muscles whilst using the ball for balance and support.

HYDRORIDER 🌀

Aqua cycling is the latest and hottest fitness trend. The Hydrorider is designed for the post-rehab patient to the elite athlete. Hydrorider has many benefits including massaging action, reducing stress on the knees and back and strengthening the lower and upper body.

STEP AND TONE 🌀

A great step class for those who enjoy working at a high intensity but without the complex choreography. The simple steps allow you to focus on intensity and get a great workout. This class also incorporates muscle toning exercises for both lower and upper body.

STEP AEROBICS 🌀

This one is for all the hardcore step lovers out there! This is a choreographed class that will challenge you both physically and mentally. If you have never done Step Aerobics before, we advise you to start off with Step and Tone which has a more simple choreography.

PUMP AND TONE 🌀

This fantastic 45min total body-conditioning program uses barbells to tone every muscle in your body. One of the most successful programs in today's fitness industry. No coordination required – Now available three times a week!

SPINNING 🌀

A motivating calorie burning class! The ultimate indoor cycling experience. **Beginner's Spin:** This is a must for everyone new to spinning. You will learn how to set up and adjust your bike for your ride and learn about proper spinning techniques. This is a lower intensity spinning class that is suitable for both beginners and those looking for a recovery workout.

HIIT Spin: This type of training is very intense but HIIT (High Intensity Interval Training) is a miracle way to reduce your workout time and up your fat burning. Studies show that your metabolism is raised for 12-48 hours after a HIIT session.

Spin Challenge: A 60-minute intense spinning session.

Theme Spinning: A motivating calorie burning indoor cycling class with a different and exciting music theme every week!

YOGALATES 🌀

Yogalates. Yogalates. Yoga lattes? Don't let the name confuse you. There's a new trend out there, and it's not on the Starbucks menu. Yogalates is spreading around the world, combining Yoga and Pilates in one workout! Despite the hybrid name, Yogalates "is not gimmicky - it's built on very tried, true and proven forms of exercise.

STUDIO ETIQUETTE

In the interest of your safety and in consideration of other members, please adhere to the following:

- Please always register for each class at the reception desk - bookings will start 15 min prior to the class. Pre-bookings will not be taken.
- You can not book for your friend. These rules are in place to make sure that members have a fair chance to participate in their chosen class.
- Please consult your doctor before participating in any activity if you are unsure of the suitability of any class, or if you are recovering from or currently suffering from any medical condition.
- Please inform the instructor if you are either pregnant, recovering from illness or injury before the start of the class.
- Please arrive on time. If you are late for a class, you will have missed the warm-up and this is potentially dangerous and for safety reasons you will not be allowed to participate.
- Please only come to the class if you can participate in all of it, as otherwise you will miss the cool down.
- Please return any used equipment (dumbbells, step etc) to its original place before leaving the studio.
- Always bring your towel and a water bottle with you to stay hydrated.
- **APPROPRIATE EXERCISE ATTIRE MUST BE WORN AT ALL TIMES:**
 - Non-marking indoor gym shoes (For your own safety MBTs, Chi shoes or any other similar shoes are not allowed).
 - Tight fitting clothing (bottoms) for Spinning classes.
 - For your own safety please adjust the length of your gym trousers for STEP and all Aerobic/Dance-type classes

CLASS BENEFITS

🌀 Cardio Classes

Cardio is the corner stone of your fitness. Without cardio you will never get fit. Your Cardio training provides a good foundation when it comes to exercise, offering benefits in weight control, endurance, and overall cardiovascular health. Unfortunately, as we age cardio exercises alone can't help us preserve precious muscle mass. Muscle burns fat. Keep in mind that too much cardio can burn muscle tissue away thus affecting your fat burning metabolism. This is why it is important to get the balance right between cardio and weight training.

🌀 Strength Classes

While strength training with resistance is known to build muscle strength, it is also beneficial for improving range of motion, flexibility, posture, and tendon strength. In addition, it can reduce the risk for injuries like back problems. Remember these key phrases: 'Muscle burns fat' and 'If you don't use them - you lose them! The more muscle you have the more fat your body burns 24 hours a day! How fast does one lose muscle tone then? Within 48 hours of inactivity and when you lose muscle your metabolism starts to slow down again. So how can we prevent this muscle loss? With 3 sessions a week (preferably every other day) Women who fear resembling the Hulk should immediately put that anxiety to rest. It just won't happen, for a simple reason: hormones. The only way you will ever tone up is with weight bearing exercises.

🌀 Combo Classes

When you need to save time but want the best of both worlds. Combo classes will have both cardiovascular benefits as well as muscle toning qualities

🌀 Balance Classes

Balance classes are excellent additional classes. Doing them however will not eliminate the need for doing cardio and strength classes. They will create beneficial support by forming stronger core, back and abdominal muscles, better posture and will help your body to function more efficiently and effectively. They can also be great in creating a mind & body connection teaching you to relax and destress. Balance sessions should be counted as additional classes in your routine.

CLASS BOOKING PROCEDURES:

- Class sign up will be released 15 minutes prior to all class start times.
- Pool based class sign up will be released 30 minutes prior to start time.
- You can not book for your friend.
- To avoid disruption and for safety reasons late arrivals will not be permitted to enter the class.

experience the difference

