

# Class Timetable



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>CYCLE CLASS</b> 6:30-7:10AM		<b>CIRCUITS</b> 6:30-7:10AM		<b>CYCLE CLASS</b> 6:30-7:10AM	
<b>PILATES</b> 9:00-9:30AM			<b>PILATES</b> 9:00-9:30AM	<b>PILATES</b> 9:00-9:30AM	
<b>PILATES</b> 9:30-10:00AM	<b>PILATES</b> 9:30-10:00AM	<b>PILATES</b> 9:30-10:00AM	<b>STEP AEROBICS</b> 9:30-10:00AM	<b>ZUMBA</b> 9:30-10:00AM	<b>TURTLE TOTS POOL HIRE</b> 8:30-11:00AM
<b>AQUA AEROBICS</b> 10:30-11:15AM		<b>AQUA AEROBICS</b> 10:30-11:15AM	<b>TURTLE TOTS POOL HIRE</b> 10:00AM-12:00PM	<b>AQUA AEROBICS</b> 10:30-11:15AM	
<b>SWIM LESSONS</b> 3:30-6:00PM	<b>SWIM LESSONS</b> 3:30-6:00PM				
<b>CYCLE CLASS</b> 6:00-6:45PM	<b>CIRCUITS</b> 6:00-6:45PM	<b>CYCLE CLASS</b> 6:00-6:45PM	<b>CIRCUITS</b> 6:00-6:45PM	<b>CYCLE CLASS</b> 6:00-6:45PM	
	<b>PILATES</b> 8:00-8:40PM				

## MEMBERSHIP INCLUDES THE FOLLOWING:

- A wide variety of complimentary classes
- Unlimited use of gym, pool, sauna, steam room and jacuzzi
- 10% discount on food & beverage in the hotel (on presentation of a valid membership key tag)
- Free personal fitness programs created for you, by our qualified team
- Please note- if signing a child up who wishes to use the gym, a copy of their birth certificate is required. Access to gym will not be permitted otherwise
- Discounts on spa treatments available for members throughout the year

## PLEASE NOTE THE ABOVE TIMETABLE IS SUBJECT TO CHANGE

- All classes are included in membership rate.
- A minimum of 3 people required for the class to commence.
- No admittance to class 5 minutes after start time.
- To reserve your space call Tonic on 01 640 6333 24 hours prior to your class. Alternatively, members can be added to a WhatsApp group to book and reserve their space on the day.
- Please notify a Tonic staff member if you wish to be included in this group.



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	2026	Annual Rate	Monthly Direct Debit	Joining Fee
<b>Health Club Membership</b> Students must hold a valid Student Card.	Single	€850	€89	€50
	Couple	€1,500	€154	€50
	Family	€1,600	€160	€50
	Student	€620	€66	€50
	Over 60	€640	€72	N/A
<b>Pool Only</b> (classes are included except Swimming Lessons & Water Babies)	Single	€650	€74	€50
	Couple	€1,050	€100	€50
	Family	€1,350	€121	€50
	Over 60	€590	N/A	N/A
<b>Off Peak</b> (Mon - Fri 07.00 - 17.00) (Sat & Sun 08.00 - 11.00am)	Single	€600	€60	€50
	Couple	€1,000	€98	€50
<b>Children</b> Parent must be a member and present on use) (16-17 years have use of the Gym, parent does not need to be present on use but must be a member)	0-4 years	€0	N/A	N/A
	5-8 years	€155	€18	N/A
	9-15 years	€170	€20	N/A
	16-17 years	€400	€40	N/A
<b>Short Term</b>	3 months	€325	N/A	€30
	6 months	€500	N/A	€30
<b>Opening Times</b>	Monday to Friday 6am - 10pm	Saturdays & Sundays 7am - 8pm	Bank Holiday Mondays 7am - 8pm	Children Monday - Sunday 10am - 6pm

Family Rates are based on 2 Adults and 2 Children Under 12 Years.

Please note – swimming lessons and swimming babies classes are not included in the membership fee. Members on monthly direct debit must pay first month upfront directly with the hotel by cash or card until the first direct debit is drawn. Membership prices are subject to change.

\*Terms and conditions apply



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