

Classes

Monday		
Spin	6.30pm	Spin Studio
H.I.I.T.	7 - 7.45pm	Main Hall

Tuesday		
Spin	6.30 - 7pm	Spin Studio
Strength & Conditioning	7 - 7.45pm	Main Hall

Wednesday		
Spin	6.30 - 7pm	Spin Studio
Full Body	7 - 7.45pm	Main Hall

Thursday		
Boxfit	7 - 7.45pm	Main Hall

All classes are €5 Pay as you Go

or

Free with Membership

Bring water and a towel

Please Call 01 222 8584

to book as spaces are limited



Dublin City
Baile Atha Cliath

Tony Gregory Community Youth & Fitness Centre East Wall Water Sports

Ballybough Road, Dublin3

Phone : 2223584



Opening Hours

Monday to Thursday - 8am to 10pm

Friday - 8am to 9pm

Saturday - 10am to 4pm

Sunday Closed

Peak Times

Monday to Thursday : 5pm to 10pm

East Wall Water Sports

Adapted wheelchair Accessible Boats

Kayaks & Canoe

Sit On Top Rafting

Rescue Boat & Power Boat

Quad Bicycles (off Tide)

To enquire call 01 2228584
for more Information

Current Classes & Activities

TIME	ACTIVITY	PRICE
MONDAY		
10am - 12pm	English Classes	Free
5.30-6.30pm	Muay Thai	Ask Teacher
TUESDAY		
10am - 12pm	English Classes (Main Hall)	Free
10.30am - 11.30pm	Chair Aerobics (Studio 2)	€5
1pm - 2pm	Exwell Medical Physical Class (Main Hall)	€2
2-3pm	Pulmonary Rehab	Ask Teacher
8pm - 9pm	Pilates (Main Hall)	€6
WEDNESDAY		
10am - 12pm	English Classes (Main Hall)	Free
5.00-6.30pm	Kid's Karate (Main Hall) 5pm-5.45pm (4-7 years) 5.45-6.30pm (7-12 years & teens)	Ask Teacher
7.45pm -9pm	Tango (Main Hall)	Ask Teacher
THURSDAY		
10am - 11am	Move for Health over 60's (Main Hall)	€2
5pm - 7pm	Irish Dancing (Main Hall)	Ask Teacher
FRIDAY		
10am - 11.45am	Yoga (Main Hall)	€2
5pm -6pm	Kid's Karate (Main Hall)	Ask Teacher
SATURDAY		
11am - 3pm	Kendo (Main Hall)	Ask Teacher
10am - 11am	Yoga (Studio 2)	Ask Teacher

GYM Prices - For Pay as You Go Members

A Health Screening Form must be completed on first visit with the Gym Instructor.

PAYG Members

€6 Off Peak €7 peak per Visit

ID REQUIRED

	Pay as you go	1 month	3 months	12 months
Adult	Pre 5pm €6.00 Post 5pm €7.00	€30	€80	€220
Students	€4.00	€21	€55	€180
Unemployed	€4.00	€21	€55	€180
Over 60's without Classes	€2.50	€10		€100
Over 60's with Classes		€15		€150
Over 65's	€2.50			€20
Classes for everyone	€5.00			