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**SCD Leisure**  
**TALLAGHT**

**#BEACTIVE DAY**

# NATIONAL FITNESS DAY TIMETABLE

FREE ACTIVITIES THROUGHOUT THE DAY

**Ireland Active**

**National Fitness Day**  
23rd September 2025

To celebrate National Fitness Day on 23rd September, we are delighted to invite you to try our **FREE** fitness classes below. Members can bring a friend for a **FREE** session on our Gym floor\*.

TIME	EVENT	VENUE
9:00am – 9:20am	2min Plank Challenge	Sports Hall
9:00am – 9:45am	Leisure / Senior Swim	Swimming Pool
9:30am – 11:00am	90min Workout	Sports Hall
9:45am – 10:30am	Leisure / Senior Swim	Swimming Pool
11:30am – 11:45am	100 Squat Challenge	Sports Hall
12:00pm – 12:45pm	Active Age	Sports Hall
1:30pm – 2:45pm	Leisure / Senior Swim	Swimming Pool
4:15pm – 5pm	Teen & Parent TRX	Studio
5:00pm – 5:20pm	2min Plank Challenge	Gym Floor
5:15pm – 6:00pm	Body Conditioning	Studio
6:15pm – 7:00pm	Spin	Studio
7:15pm – 8:00pm	Pump & Core	Studio
8:15pm – 9:00pm	Strength & Core	Studio

\*All sessions must be pre-booked. Guests must complete a health screening and must be accompanied by a Member on the gym floor. Pre-booking for classes still applies. Non-members can book 48 hours before the event.

Call us on 01 452 3300

www.tallaghtleisure.com

