

FITNESS CLASSES
FREE with every membership


	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
09.30	FITNESS CLASS NATALIE 2/3	AQUA FITNESS POOL EBI 1/2	ZUMBA NATALIE 1/2	FITNESS CLASS EBI 3	STRONG BY ZUMBA NATALIE 2/3	
11.00			YOGA NATALIE 2			PUMP & JUMP CARMEN 2/3
17.00	FITNESS CLASS EBI 3		PILATES MARCELLE 2			
18.00	CARDIO DANCE MARCELLE 2	POWER PILATES CHARLENE 2/3	CIRCUIT MARCELLE 3	CHALLENGE CARMEN 2	CARDIO DANCE CARMEN 2	
19.00		PUMP & JUMP CARMEN 2			YOGA MARIA 1/2	

CLASS LEVELS

1 - BEGINNERS 2- INTERMEDIATE 3 – ADVANCED

****OTHER FITNESS CLASSES MAY BE AVAILABLE AT AN EXTRA CHARGE. ASK AT RECEPTION DESK FOR UPDATED INFORMATION****



Contact details: reception@inspire.org.mt | Tel: 20928150 |  Inspire Fitness Centre Malta | www.inspire.org.mt




POOL TIMETABLE

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
<i>INSPIRE SWIM CLUB 3 LANES 05.30 – 06.30</i>	<i>ADULT SWIM FITNESS 06.30 – 08.00</i>		<i>INSPIRE SWIM CLUB 3 LANES 05.30 – 06.30</i>	<i>ADULT SWIM FITNESS 06.30 – 08.00</i>	INSPIRE SWIMMING SCHOOL <i>POOL CLOSED FOR PUBLIC 08.00 – 12.00</i>	
<i>SERENA SWIM SCHOOL 1 LANE 11.00 – 12.00</i>	<i>AQUA FITNESS 09.30 – 10.30</i>	<i>SERENA SWIM SCHOOL 1 LANE 11.00 – 12.00</i>				
AFTERNOON BOOKINGS						
		<i>SERENA SWIM SCHOOL 1 LANE 15.00 – 18.00</i>			<i>TWANNY'S SESSION 1 LANE 15.30 – 16.30</i>	
<i>MSK WATERPOLO CLUB 1 LANE 17.00 – 18.00</i>	<i>INSPIRE SWIM CLUB 2/3 LANES 17.30 – 19.30</i>	<i>MARSAXLOKK CLUB 1 LANE 16.30 – 18.30</i>		POOL CLOSED 15.30 – 17.30	<i>INSPIRE SWIM CLUB 3 LANES 16.30 – 17.30</i>	
<i>MOTHER & BABY 1 LANE 17.30 – 18.00</i>	<i>MARIO CAMILLERI SESSIONS 1 LANE 19.30 – 20.30</i>	<i>INSPIRE SWIM CLUB 3 LANES 18.00 – 21.00</i>	<i>MSK WATER POLO CLUB 1 LANE 17.00 – 19.00</i>	<i>INSPIRE SWIM CLUB 3 LANES 17.30 – 18.30</i>	POOL CLOSED 17.30	
<i>INSPIRE SWIM CLUB 3 LANES 18.30 – 20.30</i>	<i>MSK WATERPOLO CLUB 2 LANES 19.30 – 20.30</i>	POOL CLOSED 19.00 – 21.00	<i>MARIO CAMILLERI SESSIONS 1 LANE 19.00 – 20.00</i>	<i>MSK WATER POLO CLUB 18.30 – 19.30 1 LANE 19.30 – 20.30 2 LANES</i>		

- Timetable is subject to change and cancellation of classes may happen due to unforeseen circumstances or low attendance
- DURING CLUB SESSIONS A 4TH LANE WILL BE ADDED TO THE POOL



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MEMBERSHIPS PRICES

ALL-INCLUSIVE (INCL. USE OF POOL, GYM, FITNESS SESSIONS & SAUNA)

MEMBERSHIP TYPES		1 Day-Pass	1 MONTH	3 MONTHS	6 MONTHS	1 YEAR	Direct Debit 6 MONTHS	Direct Debit 1 YEAR
Adults	Single	€8 <i>Latest entry 2hrs before closing time</i>	€55.00	€ 130.00	€ 200.00	€ 285.00	€36.00	€26.00
	Joint*	N/A	€100.00	€ 230.00	€ 360.00	€ 510.00	€63.00	€46.00
	Off-Peak	N/A	€40	€80	€130	€190	€23	€18
	Off-Peak Joint*	N/A	N/A	€150	€240	€350	€42	€31
Seniors & Students**	Single	€6.50 <i>Latest entry 2hrs before closing time</i>	€50.00	€ 115.00	€ 180.00	€ 240.00	€33.00	€22.50
	Joint*	N/A	€85.00	€ 200.00	€ 330.00	€ 430.00	€58.00	€39.00
Children < 15 years		€4.50 <i>Latest entry 2hrs before closing time</i>	€30.00	€ 55.00	€ 90.00	€ 135.00	€ 20.00	€15.00
	0 – 5 years	<i>Can make use of pool free of charge when accompanied by an adult member (day/ monthly/ yearly) with full responsibility and constant supervision.</i>						
	< 10 years	<i>Use of POOL ONLY***</i>						
	11 – 15 years	<i>Can make use of ALL the facilities including pool and aerobic sessions, and RESTRICTED use of gym (Cardio machines only). Children under 15 years need to be accompanied by an adult member at all times: (1 adult: max. 2 children)***</i>						

* Joint Membership applies to any 2 clients enrolling at the same time

** This rate applies to persons aged 60yrs and over & students 16 – 18 years on presentation of student ID upon registration

***Children under 12 years making use of the pool need to have constant ADULT SUPERVISION

FREE GYM INDUCTION (excluding Day Memberships) with every membership – by appointment

OFF-PEAK MEMBERSHIP INCLUDES use of BOTH POOL & GYM, Monday to Friday, entrance between 11am and 3pm

OPENING HOURS

	FITNESS GYM	INDOOR POOL
MONDAY to FRIDAY	05:30 to 22:00	05:30 to 21:00
SATURDAYS	6:00 to 18:00	6:00 - 8.00 & 12.00 - 17:30
SUNDAYS & HOLIDAYS	08:00 to 12.00	08:00 to 11.45

NB. WEDNESDAYS – POOL CLOSED from 19:00-21:00

Opens again from 21:00 – 21:40 (Extra Time)

FRIDAYS – POOL CLOSED from 15.30 to 17.30

SATURDAYS – POOL CLOSED FROM 8:00 – 12.00

SUNDAYS – FITNESS CENTRE OPEN EXCLUSIVELY FOR 1/ 3/ 6 MONTHS AND 1 YEAR MEMBERSHIP HOLDERS

SERVICES FOR YOUR WELLBEING

MASSAGE (30 min)	(Members) € 18.00	(Non-members) € 22.50
10 MASSAGE PACKAGE	(Members) € 170.00	(Non-members) € 200.00
PERSONAL TRAINING SESSION LAND/ POOL (1HR)	€ 15.00	
10 PERSONAL TRAINING SESSIONS INCL. 30% DISCOUNT ON SINGLE MEMBERSHIP	€ 150.00	
NUTRITION SESSION (30MIN)	€ 20	
NUTRITION SESSION (30MIN) X 6 SESSIONS	€102	
FITNESS & NUTRITION PACKAGE INCL. 30% DISCOUNT ON 3 MONTH MEMBERSHIP OR MORE	€ 250.00	
SPORTS NUTRITION	€40 incl. CONSULTATION & PERSONAL DIETARY PLAN	
FOOD INTOLERANCE TESTS	€150 incl. blood test with results within 1Hr followed by a FREE CONSULTATION (same day or by appointment)	