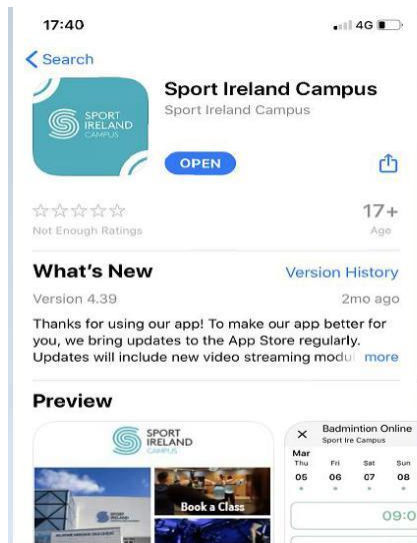


INSTRUCTIONS FOR LIVE CLASSES

STEP 1 – Get Started – Download the App in the App Store/ Play Store

Search Sport Ireland Campus



STEP 2 – GO TO “LIVE CLASSES”



STEP 3 – SELECT YOUR PREFERRED CLASS


Live Streaming Schedule

Apr

Wed	Thu	Fri	Sat	Sun	Mon	Tue
14	15	16	17	18	19	20

15:30 HIIT
Sport Ireland Campus @home - Virt...
Ryan McDermott

Liv



STEP 4 – SELECT “Livestream”

HIIT

Live HIIT Class

Sport Ireland Campus @home / Virtual Studio


1 hr

Fitness

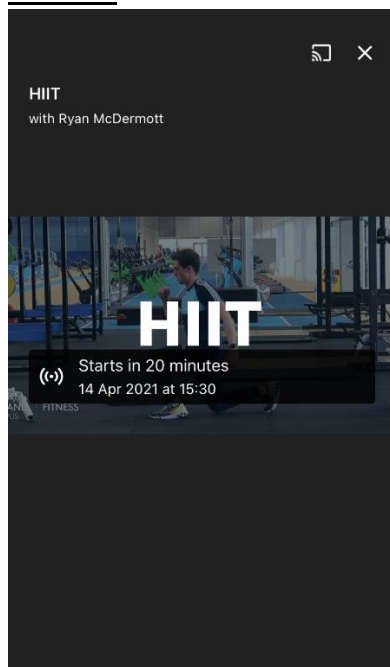
Ryan McDermott

SHARE ADD TO CALENDAR

Livestream



STEP 5 – THE CLASS WILL BEGIN HERE AT THE ALLOCATED TIME



NOTE: – You can cast these classes to your TV if you have a Chromecast device

