



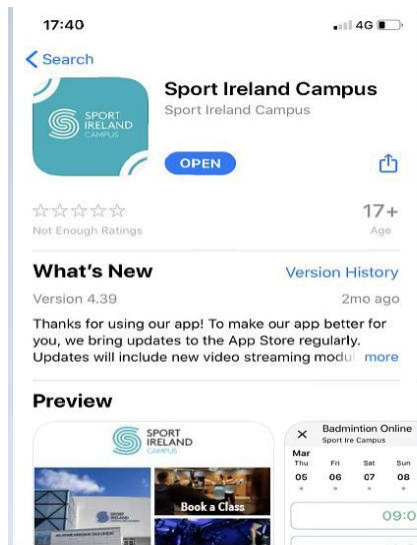
SPÓRT
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CAMPUS

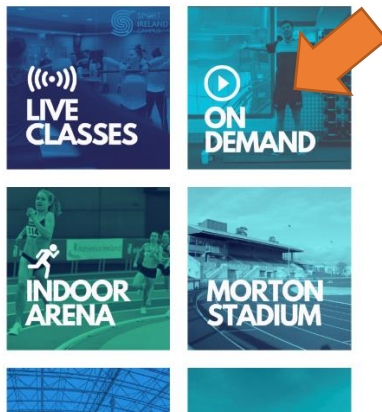
INSTRUCTIONS FOR ON DEMAND CLASSES

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

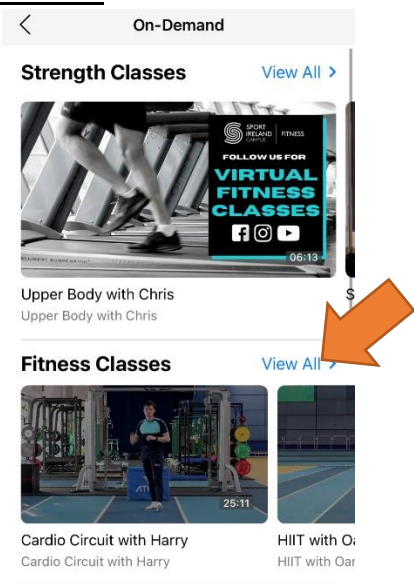
Search Sport Ireland Campus



STEP 2 – GO TO “ON DEMAND”

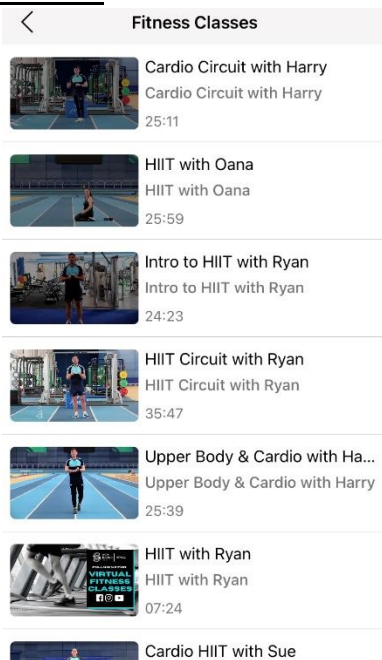


STEP 3 – SELECT YOUR PREFERRED STYLE OF CLASS AND PRESS “VIEW ALL”

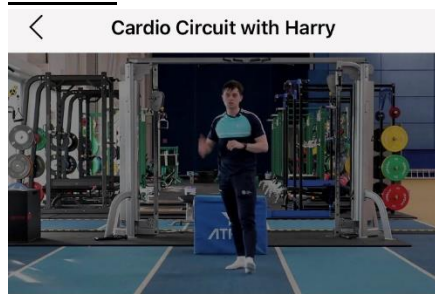


Active & Inclusive

STEP 4 – SELECT THE CLASS YOU WISH TO DO



STEP 5 – PRESS PLAY TO BEGIN



Cardio Circuit with Harry

25:11 | Cardio Circuit with Harry



Cardio Circuit with Harry

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

