

## Monday

TRX & Tone	10.00am
Lunch Time Keiser <b>Spin</b> & AB's	1.10pm
Pump FX	6.00pm
<b>Spin</b> & Sculpt 20min Spin + 10min Upper Body Work Out	6.00pm
Beginner / General Keiser <b>Spin</b>	7.00pm
Pilates	7.00pm

## Tuesday

Early Birds Gym Circuits (30mins)	7.00am
Circuits	6.00pm
Keiser <b>Spin</b>	6.00pm
Beginner Keiser <b>Spin</b>	7.00pm
Beginner Pilates	7.00pm
Funk & Pump	8.00pm

## Wednesday

Circuits	9.30am
Lunch Time Shred & AB's	1.10pm
Zone Training	6.00pm
Beginner / General Keiser <b>Spin</b>	6.00pm
Keiser <b>Spin</b>	6.40pm
Beginner Yogalates	7.00pm
Pilates	8.00pm

## Thursday

Early Birds Keiser <b>Spin</b>	7.00am
TRX & Tone	6.00pm
Beginner Keiser <b>Spin</b>	7.00pm
Funk & Pump	7.00pm
Body Tone	8.00pm

## Friday

Lunch Time Keiser <b>Spin</b> & AB's	1.10pm
Teenage GYM	3pm onwards
Kettlebells	6.00pm

## Saturday

Gym Floor Circuits	10.00am
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## Sunday

Sunday <b>Spin</b>	10.30am
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Make Time For It • **Just Get It Done**  
Nobody Ever Got Strong or Got In Shape by  
Thinking About It •  
**They Did It !**

## Dance, Courses & Speciality Class

### Not included in Membership

6 week courses £30 • Classes £5 • Kids £3.25 or two siblings £6

### MONDAY

Teen Hip Hop (under 18's)	4.30pm
Yoga Flow (Beginners 6 week course)	8.00pm

### TUESDAY

Pilates Course - 6 weeks	10.00am
Sweat Box - Small Group Personal Training Suitable for beginners	7.45pm

### THURSDAY

Funk & Pump	10.00am
Sweat Box - Small Group Personal Training Suitable for beginners	6.00pm

### FRIDAY

Sweat Box - Small Group Personal Training Suitable for beginners	6.30am
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### SATURDAY

Hip Hop Kids Mixed ages	10.00am
Hip Hop Kids 4 - 8 years	11.30am
Hip Hop Kids 9 years plus	12.45pm

It's Best to Book your class !  
Tel: 028 25 659 598