

Monday

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

Tuesday

Early Birds Gym Circuits (30mins)	7.00am
Circuits	6.00pm
Keiser Spin	6.00pm
Beginner Keiser Spin	7.00pm
Beginner Pilates	7.00pm
Zumba with Gill	8.00pm

Wednesday

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

Thursday

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

Friday

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

Saturday

Gym Floor Circuits	10.00am
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Sunday

Sunday Spin	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
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TUESDAY

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

FRIDAY

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

SATURDAY

Hip Hop Kids Mixed ages	10.00am
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Hip Hop Kids 4 - 8 years	11.30am
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Hip Hop Kids 9 years plus	12.45pm
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It's Best to Book your class!

Tel: 028 25 659 598