

Timetable

Monday

GI = Group Training

TRX & Tone	10.00am
GI Pilates - £6.00 per class	11.00am
Lunch Time KeiserSpin & AB's	1.10pm
Hiit - Bodyweight 30mins	6.00pm
Spin	6.00pm
Beginner / General KeiserSpin	7.00pm
Pilates	7.00pm
GI Flow Yoga (Suitable for Beginners) - £7.00	8.00pm

Tuesday

Early Birds Fit Fusion (30mins)	6.40am
Body Blitz	9.30am
Circuits	6.00pm
GI Teresa's SweatBox - GT - Block Booking	6.00pm
KeiserSpin	6.00pm
Beginner Pilates	7.00pm
GI Train-Track-Transform GT - Block Booking	8.00pm

Wednesday

Circuits	9.30am
Kettle Box 50/50	6.00pm
Beginner / General KeiserSpin	6.00pm
Step	7.00pm
Pilates	8.00pm

Thursday

Hiit & Step 30mins	6.00pm
Beginner KeiserSpin	7.00pm
GI Train-Track-Transform GT - Block Booking	7.00pm
Body Tone	8.00pm

Friday

Fitstart	9.30am
Lunch Time KeiserSpin & AB's	1.10pm
Teenage GYM	3pm onwards

Saturday

Gym Floor Circuits	10.00am
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Sunday

Sunday Spin	10.30am
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Saturday - Kids £4.00 per child or £7.50 for 2

Hip Hop Kids Mixed ages	10.00am
Hip Hop Kids 4 - 8 years	11.00am
Hip Hop Kids 9 years plus	12.00pm

Disco Diva Birthday Parties

Saturdays afternoons with Saranne for details ask at reception



TERESA'S SWEATBOX
 Small Group Training
 Strength and Conditioning
 6 week Block Booking £60
 Tuesdays - 6pm



NEW Train - Track - Transform
 We Train you - we Track your progress - you Transform
 Get results in these NEW Group Training Classes
 Tues. 8pm & Thur. 7pm with Teresa

GI = Group Training

Opening Hours

Mon. 8.30am - 9pm
 Tue. 6.30am - 9pm (Early Birds Circuits @ 6.40am)
 Wed. 8.30am - 9pm
 Thur. 8.30am - 9pm
 Fri. 8.30am - 8pm / Sat. 9am - 5pm / Sun. 9.30am - 12.30pm

FLAMINGO FITNESS 
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