

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
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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GI = Group Training

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



think pink Join the Flamingo Girls

Equivalent to
£16.50
Per month
When Paid in Full

No Joining Fee

6 MONTHS GYM ONLY • £99

TERESA'S SWEATBOX

Small Group Training
Strength and Conditioning
6 week Block Booking £60
Tuesdays - 6pm



Malibu Sunbed

Lie Down

Now Retubed

**6 sessions £35
plus 1 FREE**



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 - 7pm / Sat. 9am - 4pm / Sun. 9.30am - 12.30pm

FLAMINGO
FITNESS 
Tel: 028 25 659 598