

Timetable

Monday

GT = Group Training

TRX & Tone	10.00am
Lunch Time KeiserSpin & AB's	1.10pm
Pump	6.00pm
Spin	6.00pm
GT Train-Track-Transform GT - Block Booking	7.00pm
Beginner / General KeiserSpin	7.00pm
Pilates	7.00pm
GT Train-Track-Transform GT - Block Booking	8.00pm

Tuesday

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

Wednesday

Circuits	9.30am
Beginner / General KeiserSpin	6.00pm
BoxFit	6.00pm
Step	7.00pm
Pilates	8.00pm

Thursday

Hiit & Step 30mins	6.00pm
Beginner KeiserSpin	7.00pm
GT 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

BoxFit	9.00am
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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

TRAIN - TRACK - TRANSFORM

We **TRAIN** you !

We **TRACK** your progress
you **TRANSFORM**

Get results in these **NEW** Group Training Classes
with Teresa

think pink

Join the Flamingo Girls



6 MONTHS GYM ONLY • £99
No Joining Fee

Student

Student Membership is GYM ONLY

Conditions apply. To join: - Student ID. Single payment of £34 must be paid in full on joining. No refunds. Non transferable.

**Student
Membership
ONLY**
£34
for 2 months

NEW

Pump - 6pm Monday | Lucy

BoxFit - 6pm Wednesday | Teresa
9am Saturday

Opening Hours

Mon. 9am - 9pm

Tue. 9am - 9pm (Early Birds Circuits @ 6.40am)

Wed. 9am - 9pm

Thur. 9am - 9pm

Fri. 9am - 7pm / Sat. 9am - 4pm / Sun. 9.30am - 12 noon

**FLAMINGO
FITNESS**
Tel: 028 25 659 598

