



MONDAY

6.00pm - Spin + Core

7.00pm - Spin + Core

TUESDAY

10.30am - Fit 60's

8.00pm – Vinyasa Yoga (€10/class)

WEDNESDAY

7.00pm - BoxFit

THURSDAY

9.30am – Vinyasa Yoga (€10/class)

6.00pm – Spinning

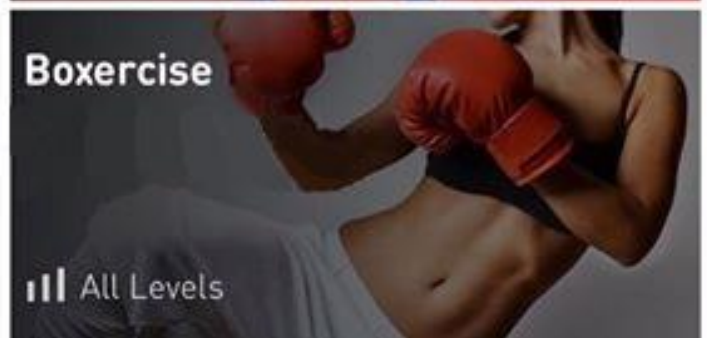
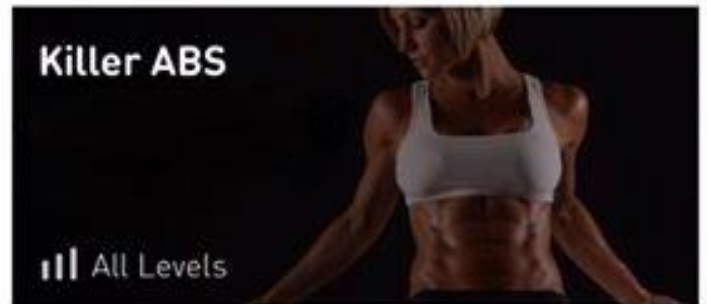
7.00pm - Spin + Kettlebells

FRIDAY

6.00pm - GYM Circuits

SATURDAY

10.00am – Bootcamp (€5/class)



Prices

Yoga = €10/class Saturday Bootcamp = €5/class

All other classes **FREE** included with **€45**/month membership

Text Gary on 085-1830323 to book