

WINTER 2019 CLASS TIMETABLE



MONDAY

6.00pm - Spin + Core

7.00PM - Spin + Core

TUESDAY

11.00am – Fit 60's

7.00pm - Konga

WEDNESDAY

7.00pm - BoxFit

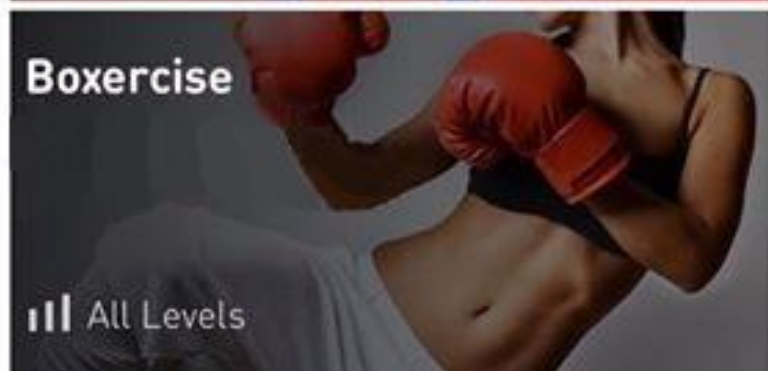
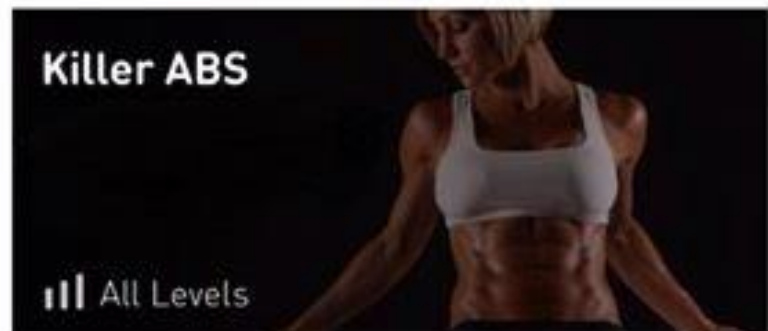
THURSDAY

6.00pm - Spinning

7.00pm - Spinning

FRIDAY

6.00pm - GYM Circuits



Prices

All classes **€45** per month

Text Gary on 085-1830323 to book