

WINTER 2019 CLASS TIMETABLE



MONDAY

6.00pm - Spin + Core

7.00PM - Spin + Core

TUESDAY

11.00am - Fit 60's

7.00pm - Dancercise

WEDNESDAY

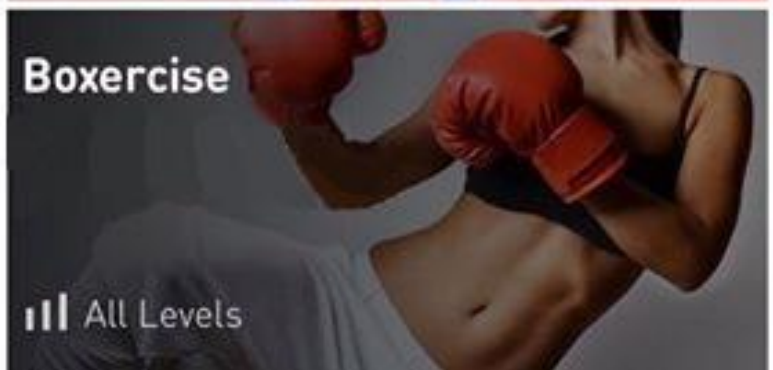
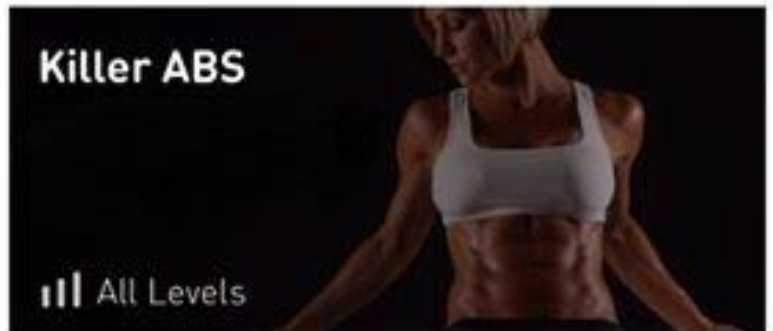
7.00pm - BoxFit

THURSDAY

7.00pm - Spin + KB

FRIDAY

6.00pm - GYM Circuits



Prices

All classes **€45** per month

Text Gary on 085-1830323 to book