



## MONDAY

6.00pm - Spin + Core

7.00PM - Spin + Core

## TUESDAY

11.00am - Fit 60's

7.00pm - Dancercise

8.00pm - Vinyasa Yoga (€10/class)

## WEDNESDAY

7.00pm - BoxFit

## THURSDAY

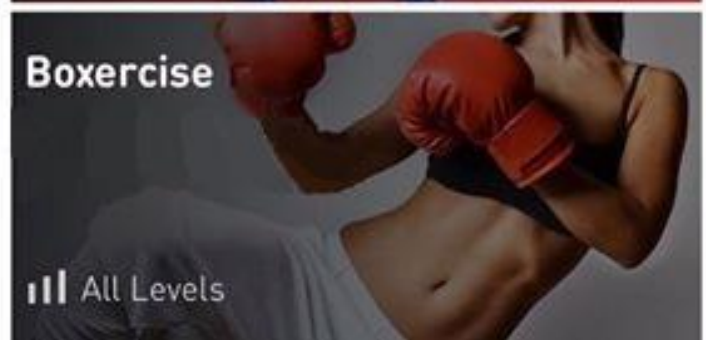
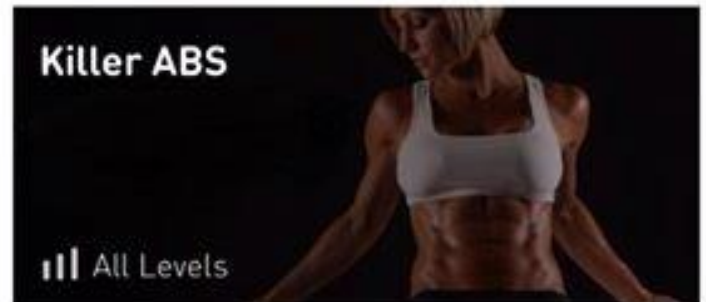
6.00pm - Spin + KB

7.00pm - Spin + KB

9.30am - Vinyasa Yoga (€10/class)

## FRIDAY

6.00pm - GYM Circuits



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## Prices

All classes **€45** per month

Text Gary on 085-1830323 to book