

CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.45am		Circuits (6.45am-7.30am)	Spinning (6.45-7.30am)	Circuits (6.45am-7.30am)	H.I.I.T (6.45am-7.30am)	
9.30am	Spin & Burn (9.30am-10.30am)	Aqua Fit (9.30am-10.30am)	Circuits (9.30am-10.15am)	Aqua Fit (9.30am-10.30am)	Pump (9.30am-10.30am)	Spinning (8.30am-9.30am)
11.00am			Pilates (10.45am-11.45am)			
6.00pm	Legs, Bums and Tums (6.00pm-6.45pm)	Pump (6.00pm-6.45pm)	Strength and Conditioning (6.00pm-6.45pm)	Spinning (6.00pm-6.45pm)		
7.00pm	Virtual Spin Zone (7.00pm-8.00pm)	Spinning (7.00pm-7.45pm)	Spin and Burn (7.00pm-8.00pm)	Pump (7.00pm-7.45pm)		
8.00pm		Yoga (8.00pm-9.00pm)		Pilates (8.00pm-9.00pm)		

- Classes free to members/€7 for non-members
- Minimum 16 years/no phones in studio/notify instructor of illness
- First time spinners to arrive 15 minutes early for set up