



**Spring Class Timetable**

<b>Day:</b>	<b>Class:</b>	<b>Time:</b>	<b>Price:</b>
<b>Monday</b>	<b>Rip'd</b>	<b>9.30</b>	<b>Members Free/€5 Non members</b>
	<b>Lunchtime Express</b>	<b>13.15</b>	<b>€5</b>
	<b>Rip'd</b>	<b>18.15</b>	<b>Members €5/Non -members €8</b>
	<b>Spin 30</b>	<b>19.15</b>	<b>Members/Non- members €5</b>
	<b>Spin 30</b>	<b>20.00</b>	<b>Members/Non -members €5</b>
	<b>Spin 30</b>	<b>20.45</b>	<b>Members/Non -members €5</b>
<b>Tuesday</b>	<b>Spin 45</b>	<b>7.00</b>	<b>Members €5/Non -members €8</b>
	<b>HITT</b>	<b>7.00</b>	<b>Members Free/Non -members €5</b>
	<b>Kettlebell/trx</b>	<b>9.30</b>	<b>Members Free/Non -members €5</b>
	<b>BOXUFIT</b>	<b>18.15</b>	<b>Members €5/Non-members €8</b>
	<b>Kettlebell 30</b>	<b>19.15</b>	<b>Members/Non- members €5</b>
<b>Wednesday</b>	<b>Circuit Training</b>	<b>7.00</b>	<b>Members Free/Non- members €5</b>
	<b>Spin and Tone</b>	<b>9.30</b>	<b>Members Free/Non -members €5</b>
<b>Thursday</b>	<b>Rip'd</b>	<b>7.00</b>	<b>Members Free/ Non- members €5</b>
	<b>Fusion</b>	<b>9.30</b>	<b>Members Free/Non -members €8</b>
	<b>Spin 45</b>	<b>18.15</b>	<b>Members €5/Non- members €8</b>
	<b>Lunchtime Express</b>	<b>13.15</b>	<b>€5</b>
	<b>Spin and Tone</b>	<b>19.15</b>	<b>Member €5/Non -members €8</b>
	<b>Spin 45</b>	<b>20.15</b>	<b>Members €5/Non -members €8</b>
			<b>Members Free/Non- members €8</b>
<b>Friday</b>	<b>Fusion</b>	<b>9.30</b>	
	<b>Kettlebell 30</b>	<b>18.15</b>	<b>€5</b>
<b>Saturday</b>	<b>Indoor Bootcamp</b>	<b>10.00</b>	<b>Members/Non- members €5</b>

	<b>Strength and Conditioning</b>	<b>18.15</b>	<b>Members €5/Non members €8</b>
	<b>Kettlebells</b>	<b>19.15</b>	<b>Members/Non members €5</b>
	<b>Pilates</b>	<b>20.00</b>	
<b>Wednesday</b>	<b>Fusion</b>	<b>7.00</b>	<b>Members Free/Non members €5</b>
	<b>Spin and Tone</b>	<b>9.30</b>	<b>Members Free/Non members €5</b>
	<b>Zumba with Linda</b>	<b>18.15</b>	
<b>Thursday</b>	<b>Rip'd</b>	<b>7.00</b>	<b>Members Free/ Non members €5</b>
	<b>Fusion</b>	<b>9.30</b>	<b>Members Free/Non members €8</b>
	<b>Spin 45</b>	<b>18.15</b>	<b>Members €5/Non members €8</b>
	<b>Spin and Tone</b>	<b>19.15</b>	<b>Member €5/Non members €8</b>
	<b>Spin 45</b>	<b>20.15</b>	<b>Members €5/Non members €8</b>
<b>Friday</b>	<b>Fusion</b>	<b>9.30</b>	<b>Members Free/Non members €8</b>