



Poppintree Community Sports Centre

Balbutcher Lane, Ballymun, Dublin 11

T: 01 2223985

E: poppintreecommunitysportscentre@dublincity.ie

Autumn Fitness Programme

| | | |
|------------------|--------------------------|-------------|
| Monday | <i>Boxfit</i> | 11-12pm |
| | <i>TRX</i> | 6.30-7.30pm |
| Tuesday | <i>B.L.T</i> | 1-1.45pm |
| | <i>Boxfit</i> | 7-8pm |
| Wednesday | <i>TRX</i> | 6.30-7.30pm |
| Thursday | <i>Sculpt & Tone</i> | 1-1.45pm |
| | <i>Body Pump</i> | 6pm-7pm |
| Friday | <i>TRX</i> | 11-12pm |

All classes €5

- **Boxfit-:** Full body weight workout to increase cardio fitness and tone. Making you fitter and stronger with every punch
- **B.L.T-:** Burn Calories whilst toning specific areas(Bum, Legs & Tums)
- **Sculpt & Tone-:** Flattening your AB's, firming your butt and toning your thighs in this complete body workout.
- **Body Pump-:** Fat burning, strength gaining, lean body and muscle conditioning workout.
- **TRX-:** Bodyweight exercises to develop strength, balance, flexibility and core stability.

All levels welcome-(18+only)

First Class- 2 people for the price of 1!!