

Sports & Fitness Ballyfermot



Outdoor Class Timetable

Day	Class	Time
Monday	Kettlebells Strength	10:15am
Monday	Kettlebells Cardio	7:15pm
Tuesday	Fat Burner	10:15am
Tuesday	Pump	7:15pm
Wednesday	Spin	10:15am
Wednesday	Spin	7:15pm
Thursday	Kettlebells Cardio	10:15am
Thursday	Pump	1:15pm
Thursday	Fat Burner	7:15pm
Friday	Pump	10:15am
Friday	Spin	1:15pm
Friday	Boot Camp	7:15pm
Saturday	Fat Burner	12:00pm
Sunday	Boot Camp	12:00pm