

## Class Timetable January 2019

Time		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.15	30 min Class	Spin Frankie	Spin Kenneth	Spin Frankie	Strength & Condition Ciaran	Yoga (60 minutes)* Fran		
7.50	30 min Class	Body Pump Frankie	TRX Kenneth	Fat Burner Frankie				
12.30	30 min Class		Float Fit Frankie				Fat Burner 40 min Shauna	Boot Camp 40 min
12.40	30 min Class	Kettlebells Kenneth	Spin Ciaran	Kettlebells Ciaran		Pilates * Fran		
13.15	30 min Class	Spin Gerry	MMA Fitness Gerry	Spin Frankie	Fat Burner Molly	Body Pump Molly		
17.00	40 min Class					Body Pump Ciaran		
17.30	40 min Class	Spin Helen	Kettlebells Molly	Spin Emmet	Spin Kenneth			
18.15	40 min Class	Strength & Condition Ciaran	Fat Burner Helen	Body Pump Molly	GF Box Gerry			
18.20	30 min Class			Float Fit Fran				
19.00	40 min Class	Yoga (60 minutes)* Fran	Pilates * Fran	Yoga (60 minutes)* Fran				
20.00	40 min Class			Aqua Fit Ken	Float Fit Gerry			

\*Denotes Paid Classes