



CLASS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30-07:15	SPIN & CORE	HIIT	BARBELL PUMP	BODY CON	LEGS BUMS & TUMS		
07:15-08:00		SPIN		SPIN			
08:15-09:00						SPIN	
10:00-10:45	LEGS BUMS & TUMS	HATHA YOGA (1 HOUR)	CIRCUITS	SILVER FIT	KETTLEBELLS	CIRCUITS	TOTAL TONE
13:15-13:45		AB BLAST	KETTLEBELLS		SPIN		
17:30-18:00	80's SPIN	KETTLEBELLS					STUDIO
18:00-18:45	HATHA YOGA (1 HOUR)	ZUMBA	TOTAL TONE	AEROBICS	AB BLAST		SPIN STUDIO
19:00-19:45	BOOTCAMP	BARBELL PUMP	BODY CON	VINYASA YOGA (1 HOUR)	BARBELL PUMP		
19:00-19:45	SPIN	SPIN	SPIN				
20:00-20:45	FITBALL	CIRCUITS	HIIT	LEGS BUMS & TUMS			
20:00-20:45	SPIN		SPIN				
21:00-21:30				NIGHT SPIN			

- All classes are free for members.
- €8 pay as you go for non-members.
- Please book in advance for all classes to avoid disappointment. Limited amount of space in each class.
- Please notify the class instructor of any medical condition or pregnancies.
- Yoga mats and equipment are provided by The Movement Fitness Club.
- All classes are subject to change.