



# CLASS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30-07:00	SPIN & CORE	HIIT	BARBELL PUMP	BODY CON	LEGS BUMS & TUMS		
07:15-08:00		SPIN		SPIN			
08:15-08:45						SPIN	
09:00-09:30						SPIN	
10:00-10:45	LEGS BUMS & TUMS	HATHA YOGA (1 HOUR)		BOOTCAMP	KETTLEBELLS	BODY CON	TOTAL TONE
13:15-13:45		BARBELL PUMP	KETTLEBELLS		SPIN		
17:30-18:00	80's SPIN	KETTLEBELLS	90's SPIN	BARBELL PUMP	AB BLAST		STUDIO
18:15-18:45	HATHA YOGA (6PM START)	ZUMBA (45 MINS)	TOTAL TONE	SPIN	BARBELL PUMP		SPIN STUDIO
19:00-19:30	BOOTCAMP		BODY CON	VINYASA YOGA (45 MINS)			
19:00-19:30	SPIN	SPIN	SPIN				
20:00-20:30	BARBELL PUMP	AB BLAST		LEGS BUMS & TUMS			
20:00-20:30	SPIN		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 are not provided by the club and other equipment is provided by The Movement Fitness Club.
- All classes are subject to change.