

Studio Class Timetable

February - May 2019

DAY/TIME

CLASS

CLASS INFORMATION

Monday

11.15 – 11.50	Intro to Olympic Bar Lifting	x4 Weeks	Technique/Form
12:10 - 12:40	Beg Spinning	All Levels	Impact/Fat Loss
13:10 - 13:50	HIIT	All Levels	Fat Loss

Tuesday

12:10 - 12:50	Bootcamp	All Levels	Impact/Toning
13:00 - 13.45	Pilates (Paid)	€70 - x6 Weeks	All Levels

Wednesday

12:10 - 12:40	Legs & Abs	All Levels	Toning/Fat Loss
13:00 - 13:45	Power 'Vinyasa' Yoga	€75 - x6 Weeks	All Levels
17.45 – 18.15	Spin Express	All Levels	Fat Loss

Thursday

12:10 - 12:40	HIIT	All Levels	Toning
13:10 - 13:50	Citi Pump	All Levels	Fat Loss
13.45 – 14.30	Hand Stand & Body Conditioning	x4 Weeks	Technique/Form

Friday

12:10 - 12:40	Spin Express	All Levels	Fat Loss
13:10 - 13:50	Box Workout	All Levels	Impact/Toning/Fat Loss