



# GROUP CLASS TIMES

Group Class Membership €65 p/m €12 PAYG

## Monday

6pm Step Aerobics  
7pm LBT - Drumming

## Tuesday

6pm Circuits  
7pm Barbell Burn

## Wednesday

6pm TRX & Kettlebells  
7pm Glow Beatz Dance  
Fitness

## Thursday

6pm Body Conditioning  
7pm Box Fit

## Friday

10am Pilates  
6pm HIIT

## Saturday

10am Circuits



# SEMI PRIVATE TIMES

Small Group Personal Training & Unlimited Group Classes - €97 p/m

**Monday**

7:45pm SGPT

**Tuesday**

10am - SGPT  
7pm - SGPT  
7:45pm - SGPT

**Wednesday**

7:45pm SGPT

**Thursday**

10am - SGPT  
7pm - SGPT  
7:45pm - SGPT

**Friday**

6:30pm - SGPT

**Saturday**