

DUNDRUM CLASS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.45-7.30	RYDE	SUNRISE YOGA NEW	RYDE	MORNING DRILL SERGEANT NEW	FLYE PILATES NEW	BOOTCAMP 10.00-10.30	RYDE 10.00-10.45
7.30-8.00	FLYE PILATES NEW	RYDE	ASS & ABS	RYDE	RYDE	RYDE 11.00-11.45	BODY PUMP 11.00-11.45
10.00-10.30	RYDE	BODY PUMP	RYDE	ASS & ABS	RYDE	ASS & ABS 12.00-12.45	TRX / KETTLEBELLS 12.00-12.45
13.00-13.30	BOOTCAMP	RYDE	TRX	RYDE	FLYE YOGA NEW		
17.30-18.00	BOXFIT	TRX	RYDE	BARS & BELLS			
18.05-18.50	RYDE	RYDE	RYDE	RYDE	RYDE		
18.05-18.50	KETTLEBELLS	BARS & BELLS	BOOTCAMP	TRX	TRX / KETTLEBELLS		
18.05-18.50	BODY PUMP	ASS & ABS	BOXFIT	STEP			
19.00-19.45	RYDE	RYDE	RYDE	RYDE	RYDE		
19.00-19.45	TRX	BOOTCAMP	BARS & BELLS	KETTLEBELL CARDIO SHRED NEW			
19.00-19.45	FLYE YOGA NEW	STEP NEW	FLYE PILATES NEW	FLYE YOGA NEW	BODY PUMP		
20.00-20.30	RYDE	RYDE	RYDE	RYDE			
20.00-20.30	BARS & BELLS	BODY 360 NEW	KETTLEBELLS	CIRCUIT TRAINING			
20.00-20.30	FLYE ZUMBA NEW	FLYE PILATES NEW	FLYE HIIT 25 NEW	AB - SCENE			

BLUE = RYDE STUDIO
 GREEN = ASTRO CLASS
 PINK = CLASS STUDIO



HIGH INTENSITY INTERVAL TRAINING CLASS



HIGH INTENSITY RESISTANCE TRAINING

PLEASE BOOK YOUR PLACE IN ADVANCE IN **MYFLYE**

PLEASE BRING A TOWEL / WATER TO ALL CLASSES

MEMBERS WHO HAVE BOOKED CLASS WILL BE GIVEN FIRST PREFERENCE

NO CONTRACT



FREE CLASSES