

RANELAGH CLASS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.50-7.30	RYDE	RYDE	RYDE	FIT MIX 7.00-8.00 NEW	RYDE	RYDE 10.00-10.30	RYDE 11.00-11.45
7.35-8.05	FLYE PILATES	TRX / KETTLEBELLS	BODY PUMP		ASS CLASS	TOTAL CORE 10.35-10.50 NEW	FLYE PILATES 11.50-12.35
10.00-10.30	RYDE	RYDE	RYDE	RYDE	RYDE	RYDE 10.35-11.05	RYDE 14.00-14.30
10.35-11.05	BODY PUMP	FLYE YOGA	TRX / PUMP	FLYE PILATES	TRX / KETTLEBELLS	FLYE YOGA 11.10-11.55	FLYE PILATES 14.35-15.05
17.30-18.00					BODY BALANCE NEW	RYDE 12.00-12.45	
17.45-18.15	ASS CLASS	FLYE PILATES	LEGS PUSH PULL NEW	TRX NEW		ASS CLASS 12.50-13.35	
17.45-18.15	BODY BALANCE NEW	TRX NEW	BODY BALANCE NEW	FLYE MOBILITY NEW			
17.45-18.15	RYDE	RYDE	RYDE		RYDE 18.00-18.45		
18.20-18.35	TOTAL CORE NEW	FLYE MOBILITY NEW	TOTAL CORE NEW				
18.20-19.05	TRX / KETTLEBELLS NEW	STRENGTH & CONDITIONING	BOXERCISE NEW	LEG PRESS PULL NEW			
18.20-19.05	RYDE	RYDE	RYDE	RYDE			
18.50-19.20					CIRCUIT TRAINING NEW		
19.10-19.55	BODY PUMP	YOGA / PILATES	FLYE PILATES	BODY BALANCE NEW			
19.10-19.55				TRX / KETTLEBELLS NEW			
19.10-19.55	RYDE	RYDE	RYDE	RYDE			
20.00-20.30	BOXERCISE NEW	TRX / KETTLEBELLS NEW	BODY PUMP	STRENGTH & CONDITIONING			
20.00-20.30	RYDE	RYDE	RYDE	RYDE			
20.35-20.50	TOTAL CORE NEW	TOTAL CORE NEW	TOTAL CORE NEW				

BLUE = RYDE STUDIO

PINK = STUDIO CLASS

GREEN = ASTRO CLASS

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