



BAGGOT ST CLASS TIMETABLE

Nov-18

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 - 7:45	SPIN 7.00-7.30	TRX	SPIN 7.00-7.30	FLATLINE	SPIN 7.00-7.30	SPIN 10.30-11.15	SPIN 11.00-11.30
7:35 - 8:05	TRX		FLYEFIT CONDITIONING		FLATLINE	FLYEFIT CONDITIONING 11:20 - 12:05	ASS & ABS 11.35-12.05
7:50 - 8:20		SPIN		SPIN			
12:15 - 12:45	KETTLEBELLS	FLATLINE	FLATLINE	KETTLEBELLS 12.15-12.45	TRX		
13:15 - 13:45	SPIN	SPIN	SPIN	SPIN	SPIN		SPIN STUDIO
13:15 - 13:45	PUMP	BOOTCAMP		FLYEFIT CONDITIONING 13:05 - 13:45	YOGA		ASTRO CLASS
13:15 - 13:45	TRX	TRX	ASS & ABS		BOOTCAMP		STUDIO CLASS
17:30 - 18:00	SPIN	SPIN	SPIN	SPIN	SPIN 18.20-19.05		
17:30 - 18:00	ASS & ABS	ASS & ABS	TRX	FLYEFIT CONDITIONING	ASS & ABS 17.45-18.15		
18:05 - 18:50	SPIN	SPIN	SPIN	SPIN			
18:05 - 18:50	STEP	YOGA	PUMP	YOGA			
18:05 - 18:50	FLATLINE	PUMP	ASS & ABS	BOXERCISE			
18:55 - 19:40	SPIN	SPIN	SPIN	SPIN 18.55-19.25			
18:55 - 19:40		FLYEFIT CONDITIONING	BOOTCAMP				
18:55 - 19:40	PILATES			PUMP 18.55-19.25			

*ALL CLASSES ARE FREE WITH AN ACTIVE MEMBERSHIP

*PLEASE BOOK IN ADVANCE IN MYFLYE TO AVOID DISAPPOINTMENT. LIMITED AMOUNT OF PLACES IN EACH CLASS

*ALL CLASSES ARE SUBJECT TO CHANGE

*PLEASE NOTIFY THE CLASS INSTRUCTORS OF ANY MEDICAL CONDITION AND PREGNANCIES

*YOGA MATS, BOXING GLOVES AND ALL EQUIPMENT ARE SUPPLIED BY FLYEFIT