

# DRUMCONDRA CLASS TIMETABLE

Nov-18

| TIME          | MONDAY    | TUESDAY              | WEDNESDAY            | THURSDAY    | FRIDAY      | SATURDAY                         | SUNDAY                     |
|---------------|-----------|----------------------|----------------------|-------------|-------------|----------------------------------|----------------------------|
| 6:50 - 7:20   | SPIN      | SPIN                 | SPIN                 | SPIN        | SPIN        | FF CONDITIONING<br>10:00 - 11:00 | SPIN<br>11:00 - 11:45      |
| 7:20 - 7:50   | TRX       | FLATLINE             | BOOTCAMP             | YOGA        | KETTLEBELLS | SPIN<br>11:00 - 11:45            | PUMP<br>12:00 - 12:45      |
| 9:30 - 10:30  |           | YOGA 09:15-10:00     |                      | YOGA        |             | DANCEFIT<br>11:00-12:00          | SPIN<br>13:00 - 13:30      |
| 10:00 - 10:30 | SPIN      | STEP                 | SPIN                 | SPIN        | SPIN        | ASS & ABS<br>12:00 - 12.45       | BOXERCISE<br>13:30 - 14:00 |
| 10:35 - 11:05 | ASS & ABS | PUMP                 | PILATES              | ASS & ABS   | PUMP        | PILATES<br>13:00 - 13:45         |                            |
| 12:15 - 13:00 |           |                      | YOGA                 |             |             |                                  | SPIN STUDIO                |
| 13:15 - 13:45 | PILATES   | PILATES              | KETTLEBELLS          | PUMP        | ASS & ABS   |                                  | ASTRO CLASS                |
| 17:30 - 18:00 | SPIN      | SPIN                 | SPIN                 | SPIN        |             |                                  | TRX                        |
| 17:30 - 18:00 | STEP      | FLYEFIT CONDITIONING | STEP                 | YOGA        | FLATLINE    |                                  | STUDIO CLASS               |
| 18:05 - 18:50 |           | SPIN                 | DANCEFIT             | SPIN        | SPIN        |                                  |                            |
| 18:05 - 18:50 | PUMP      | ASS & ABS            | STEP                 | KETTLEBELLS |             |                                  |                            |
| 18:05 - 18:50 | BOOTCAMP  | BOXERCISE            | FLATLINE             |             |             |                                  |                            |
| 18:55 - 19:40 | SPIN      | SPIN                 | SPIN                 | SPIN        |             |                                  |                            |
| 18:55 - 19:40 | ASS & ABS | BOOTCAMP             | BOXERCISE            | PILATES     | PUMP        |                                  |                            |
| 19:45 - 20:15 | PILATES   | FLATLINE             | FLYEFIT CONDITIONING | DANCEFIT    |             |                                  |                            |
| 19:45 - 20:15 | SPIN      | SPIN                 | SPIN                 | SPIN        |             |                                  |                            |
| 20:30-21.30   |           | YOGA                 |                      | YOGA        |             |                                  |                            |

\*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