



MACKEN ST CLASS TIMETABLE

Nov-18

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 - 7:45	SPIN	FLYEFIT CONDITIONING	SPIN	FLATLINE	SPIN	BOXERCISE 9.15-10AM	SPIN 11:35 - 12:05
7:50 - 8:20	ASS & ABS	SPIN	ASS & ABS	SPIN		SPIN 10:00 - 10:45	
12:30-13:00	PUMP	ASS & ABS	PILATES	KETTLEBELLS	FLATLINE		ASS & ABS 12:10 - 12:55
12:30-13:00	SPIN		SPIN		SPIN		
13:00-13:45		SPIN		SPIN		FLYEFIT CONDITIONING 11:00 - 12:00	YOGA 13.00-14.00
13:15 - 13:45	FLATLINE	FLYEFIT CONDITIONING	FLYEFIT CONDITIONING	FLYEFIT CONDITIONING	BOXERCISE		
13:15-13:45	SPIN	PILATES	SPIN		SPIN		SPIN STUDIO
17:30 - 18:00	FLYEFIT CONDITIONING	KETTLEBELLS	FLYEFIT CONDITIONING	KETTLEBELLS	FLYEFIT CONDITIONING		ASTRO CLASS
17:30- 18:00	SPIN	SPIN	SPIN	SPIN	SPIN		STUDIO CLASS
18:05 - 18:50	SPIN	SPIN	SPIN	SPIN	SPIN		
18:05 - 18:50	TRX	TRX	TRX	FLATLINE	FLYEFIT CONDITIONING		
18:05 - 18:50	PUMP	ASS & ABS	ASS & ABS				
19:00- 19:45	TRX	TRX	TRX	ASS & ABS			
19:00- 19:45	FLYEFIT CONDITIONING	FLYEFIT CONDITIONING	FLATLINE				
19:00- 19:45	SPIN	SPIN	SPIN				

*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