



# RANELAGH CLASS TIMETABLE

Nov-18

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:50 - 7:30	SPIN	SPIN	SPIN	FLYEFIT CONDITIONING 7:00 - 8:00	SPIN	SPIN 10:00 - 10:30	YOGA 10:00 - 10:45
7:35 - 8:05	NEW FLATLINE	TRX	PUMP		ASS & ABS	PUMP 10:00 - 10:30	SPIN 10:50-11:35
10:00- 10:30	SPIN	SPIN	SPIN	SPIN	SPIN	ABS BLAST 10:35 - 10:50	PUMP 11:40 - 12:25
10:35- 11:05	PUMP	YOGA	TRX	PILATES	KETTLEBELLS	SPIN 10:35 - 11:05	SPIN 12:30-13:15
17:45- 18:15	ASS & ABS	BOOTCAMP	KETTLEBELLS	TRX	ABS BLAST 17:45-18:00	YOGA 11:10 - 11:55	
17:45- 18:15	PILATES	PILATES	PILATES			SPIN 12:00 - 12:45	
17:45- 18:15	SPIN	SPIN	SPIN	SPIN	SPIN 18:00-18:45	FLYEFIT CONDITIONING 12.00-12.45	
18:20-18:35	ABS BLAST	ABS BLAST	ABS BLAST			ASS & ABS 12:50 - 13:35	
18:20-19:05	FLATLINE	FLYEFIT CONDITIONING	PUMP	PUMP	FLATLINE 18.50-19.20		SPIN STUDIO
18:20-19:05	SPIN	SPIN	SPIN	SPIN			ASTRO CLASS
19:10-19:55	PUMP	YOGA	PILATES	FLYEFIT CONDITIONING 19:10 - 20:10			STUDIO CLASS
19:10-19:55		NEW STRENGTH & MOBILITY		PILATES			
20:00-20:30	BOXERCISE	BOXERCISE 45MINS	PUMP				
20:00-20:30	SPIN	SPIN	SPIN	SPIN			
20:35-20:50	ABS BLAST	ABS BLAST	ABS BLAST				

\*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