

DRUMCONDRA CLASS TIMETABLE

Jan-19

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:50 - 7:20	SPIN	SPIN	SPIN	SPIN	SPIN	FF CONDITIONING 10:00 - 11:00	SPIN 11:00 - 11:45
7:20 - 7:50	TRX	FLATLINE	BOOTCAMP	YOGA	KETTLEBELLS	SPIN 11:00 - 11:45	PUMP 12:00 - 12:45
9:30 - 10.30		YOGA 09:15- 10:00		YOGA		DANCEFIT 11:00-12:00	SPIN 13:00 - 13:30
10:00 - 10:30	SPIN	STEP	SPIN	SPIN	SPIN	ASS & ABS 12:00 - 12.45	BOXERCISE 13:30 - 14:00
10:35 - 11:05	ASS & ABS	PUMP	PILATES	ASS & ABS	PUMP	PILATES 13:00 - 13:45	
12:15 - 13:00							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