



**FLYE** *fit*

# SALLYNOGGIN WILL OPEN SAT 12TH JANUARY AT 10AM

TIME	SATURDAY (12th January)	SUNDAY (13th January)	MONDAY (14th January)	TUESDAY (15th January)	WEDNESDAY (16th January)
11.00-11.45			DANCEfit (Keeva Lawrence)	YOGA (Bella)	SPIN
12.00-12.45	FLATLINE	YOGA (Amanda Walsh)	PILATES (Keeva Lawrence)	FLATLINE	PUMP
13.00-13.45	YOGA (Amanda Walsh)	KETTLEBELLS	SPINfit 13.00-13.30	FFC 13.00-13.30	BOXERCISE 13.00-13.30
14.00-14.45	DANCEFIT (Keeva Lawrence)	SPIN			
15.00-15.45	ASS N ABS	PUMP			
16.00-16.45	SPIN				
17.00-17.45			KETTLE	PUMP	FLATLINE
18.00-18.45			ASS	SPINfit	ASS
19.00-19.45			YOGA (Amanda)	CONCEPT	YOGA (Amanda)

