



# STILLORGAN CLASS TIMETABLE

Jan-19

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:15	PUMP	SPIN	PUMP	SPIN		PUMP 10:00-10:30	SPIN 10:00-10:30
7:20 - 8:05	SPIN	PUMP	SPIN	FLATLINE	ASS & ABS	FF CONDITIONING 10:35-11:20	FLATLINE 10:35-11:20
9:15-10:00	ASS & ABS	BOXERCISE	ASS & ABS			ASS & ABS 11:25-12:10	PUMP 11:25-12:10
10:00- 10:30	STEP	ASS & ABS	STEP	ASS & ABS	PUMP	SPIN 12:15 - 13:00	
12:30PM-13:00	SPIN	FLATLINE	FLYEFIT CONDITIONING	PUMP			
17:30-18:00	SPIN	PILATES 17:30-18:15	SPIN	PILATES 17:30-18:15	SPIN		
18:05-18:50	FLATLINE	ASS & ABS	FLATLINE	DANCEFIT 18:20-19:05	FLATLINE		SPIN STUDIO
18:05-18:50	SPIN	SPIN	SPIN	SPIN			ASTRO
18:05-18:50							CLASS STUDIO
19:00-19:45	BOXERCISE	FLYEFIT CONDITIONING		BOXERCISE			
19:00-19:45		STRENGTH & MOBILITY	YOGA	STRENGTH & MOBILITY 19:10-19:55			
19:00-19:45	SPIN	SPIN	SPIN	SPIN	SPIN		
20:00-20:30	PUMP	KETTLEBELLS	PUMP	ASS & ABS			
20:00-20:30	SPIN	SPIN	SPIN				
20:30-21:15	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