

TALLAGHT CLASS TIMETABLE

Jan-19

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30 - 07:15	FLATLINE	SPIN	FLYEFIT CONDITIONING	SPIN	PUMP	YOGA 9:30-10:30	PUMP 10:00-10:45
10:00-10:30	YOGA 09:30-10:30	STRENGTH & MOBILITY 9:30-10:15	YOGA 09:30-10:15	PILATES	BOXERCISE	BIKE SKI ROW 09:30-10:15	
10:30-11:00	PUMP 10:30-11:15	PILATES	DANCEFIT 10:30-11:15		DANCEFIT 10:45-11:30	DANCEFIT 10:30-11:15	SPIN 11:00-11:45
13:15-13:45	FLATLINE	FLYEFIT CONDITIONING	BOXERCISE	FLYEFIT CONDITIONING	FLATLINE	BOUNCE FIT 11:20-12:10	FLATLINE 12:00-12:45
17:30-18:00	SPIN	ASS & ABS	SPIN	BOXERCISE	KETTLEBELLS	FLATLINE 12:30-13:15	SPIN 13:00-13:45
18:05-18:50	ASS & ABS	KETTLEBELLS	ASS & ABS	FLATLINE	ASS & ABS		
19:00-19:45	FLATLINE	PUMP	BOXERCISE	ASS & ABS	FLYEFIT CONDITIONING		SPIN STUDIO
19:00-19:45	SPIN	SPIN	SPIN	SPIN			ASTRO CLASS
20:00-20:30		SPIN 19:50-20:20					YOGA STUDIO
20:00-20:30	BIKE SKI ROW 20:15-21:00	BOXERCISE	K08	BIKE SKI ROW 20:15-21:00			
20:00-20:30	SPIN	YOGA 20:30-21:30	SPIN				
20:35-21:05		ASS & ABS	FLATLINE	YOGA 20:30-21:30			
20:40-21:30			BOUNCE FIT				

PLEASE BOOK YOUR PLACE IN ADVANCE IN MYFLYE

PLEASE BRING A TOWEL / WATER TO ALL CLASSES

MEMBERS WHO HAVE BOOKED CLASSES WILL BE GIVEN FIRST PREFERENCE

