



DUNDRUM CLASS TIMETABLE

Jan-19

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 - 7:30	KETTLEBELLS	FLYEFIT CONDITIONING	SPIN 7am-7:45am	FLATLINE	PILATES	BOOTCAMP 10:00 - 10:30	SPIN 10:00 - 10:30
7:35 - 8:05	SPIN	YOGA 7:45 - 8:30	ASS & ABS 7.50-8:20	YOGA 7:45 - 8:30	SPIN	ASS & ABS 10:35 - 11:05	KETTLEBELLS 10:35 - 11:05
8:35 - 09:05		PUMP		PUMP		FLATLINE 11:15 - 12:00	PUMP 11:40 - 12:25
9:15 - 10:00	YOGA	KETTLEBELLS	YOGA	BOOTCAMP	KETTLEBELLS 10:05 - 10:35	DANCEFIT 11:15-12:00	FLATLINE 12:30 - 13:15
10:00 - 10:30	PUMP 10.05-10.35	ASS & ABS	PUMP	ASS & ABS		SPIN 12:15 - 13:00	
12:30-13:15	ASS & ABS	FLATLINE	ASS & ABS	KETTLEBELLS	FLATLINE	PILATES 12:15-13:00	
17:30-18:00	ASS & ABS	PUMP	PUMP	ASS & ABS	PILATES	YOGA 1:15pm-2pm	SPIN STUDIO
18:05 - 18:50	KETTLEBELLS	DANCEFIT	FLATLINE	FLATLINE	FLYEFIT CONDITIONING		ASTRO CLASS
18:05-18:50	PUMP	ASS & ABS	STEP		ASS & ABS		STUDIO CLASS
18:05-18:50	SPIN	SPIN	SPIN	SPIN		*ALL CLASSES ARE FREE WITH AN ACTIVE MEMBERSHIP	
19:00-19:45	SPIN	SPIN	SPIN	SPIN	PUMP		*PLEASE BOOK IN ADVANCE IN MYFLYE TO AVOID DISAPPOINTMENT. LIMITED AMOUNT OF PLACES IN EACH CLASS
19:00-19:45	FLATLINE	BOOTCAMP	FLYEFIT CONDITIONING	KETTLEBELLS		*ALL CLASSES ARE SUBJECT TO CHANGE	
19:00-19:45	YOGA	PILATES	PILATES	YOGA 7:30pm-8:30pm			*PLEASE NOTIFY THE CLASS INSTRUCTORS OF ANY MEDICAL CONDITION AND PREGNANCIES
20:00-20:30	FLYEFIT CONDITIONING	FLATLINE	KETTLEBELLS	FLATLINE		*YOGA MATS, BOXING GLOVES AND ALL EQUIPMENT ARE	
20:00-20:30	ASS & ABS	STEP	ASS & ABS				