



LIFFEY VALLEY CLASS TIMETABLE

Jan-19

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30 - 07:15	SPIN	FLATLINE	SPIN	FLATLINE	SPIN	10AM SPIN 45MIN	11AM SPIN 45MIN
07:20 - 8:05	FLATLINE	SPIN	CONDITIONING	SPIN	ASS N ABS	11AM ASS N ABS 45MIN	12PM PUMP 45MIN
09:30 - 10:15	SPIN	FLATLINE	STEP	ASS N ABS	SPIN	12PM SPIN 45MIN	1PM CONDITIONING 45MIN
09:30 - 10:15		YOGA		YOGA		1PM FLATLINE 45MIN	2PM KO8 45MIN
10:30 - 11:15	ASS N ABS	PUMP	PILATES	SPIN	FLATLINE	YOGA	
11:30 - 12:15	YOGA		DANCEFIT				
13:15-13:45	SPIN	SPIN	SPIN	SPIN	SPIN		
13:15-13:45	PUMP	KETTLEBELLS	PUMP	ASS			ASTRO CLASS
17:30 - 18:00	SPIN	SPIN	SPIN	SPIN	SPIN		STUDIO
18:05-18:50	CONCEPT	PUMP	ASS N ABS	CONCEPT	ASS N ABS		
18:05-18:50	SPIN	SPIN	SPIN	SPIN			
19:00-19:45	DANCE	ASS N ABS	FLALINE	BOXERCISE	YOGA		
19:00-19:45	FLATLINE	SPIN	YOGA	SPIN			
20:00-20:30	PILATES	KETTLEBELLS	PUMP	KO8			
20:00-20:30	ASS N ABS						

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



NO CONTRACT

ALL CLASSES FREE