



# SALLYNOGGIN CLASS TIMETABLE

Jan-19

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30 - 07:15	SPIN	PUMP	SPIN	CONCEPT	SPIN	SPIN 10:30-11:15	SPIN 11:00-11:45
07:15 - 07:45	ASS & ABS	FLATLINE	FLYEFIT CONDITIONING	SPIN	FLATLINE	YOGA 11:30-12:30	PUMP 12:00-12:45
09:30 - 10:15	YOGA	YOGA	YOGA	YOGA	YOGA	ASS & ABS 12:30-13:15	FLYEFIT CONDITIONING 13:00-13:45
10:30 - 11:15	DANCE	BOXERCISE	PUMP	ASS & ABS	PUMP	DANCE 14:00-14:45	
11:20 - 12:05	PILATES						
13:15-13:45	FLATLINE	SPIN	ASS & ABS	SPIN	KO8		
17:30 - 18:00	SPIN	PUMP	SPIN	PUMP	SPIN		SPIN STUDIO
18:05-18:50	ASS & ABS	KETTLEBELLS	ASS & ABS	CONCEPT	ASS & ABS		ASTRO CLASS
18:05-18:50	SPIN	SPIN	SPIN	SPIN			YOGA STUDIO
19:00-19:45	FLATLINE	CONCEPT	FLATLINE	DANCE	YOGA		
19:00-19:45	SPIN	SPIN	SPIN	KETTLEBELLS			
20:00-20:30	PUMP	ASS & ABS	BOXERCISE				
20:00-20:45	YOGA		YOGA	PILATES			

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