



STILLORGAN CLASS TIMETABLE

Jan-19

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|-----------|----------------------|----------------------|---------------------------------|-----------|-----------------------------|----------------------|
| 6:45-7:15 | PUMP | SPIN | PUMP | SPIN | 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 | YOGA | YOGA | 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 | |
| 10:30-11:15 | | | | PILATES | PILATES | | |
| 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 | | SPIN STUDIO |
| 18:05-18:50 | FLATLINE | ASS & ABS | FLATLINE | DANCEFIT 18:20-19:05 | FLATLINE | | ASTRO |
| 18:05-18:50 | SPIN | SPIN | SPIN | SPIN | | | CLASS STUDIO |
| 18:05-18:50 | PILATES | | | | | | |
| 19:00-19:45 | BOXERCISE | FLYEFIT CONDITIONING | | BOXERCISE | | | |
| 19:00-19:45 | | STRENGTH & MOBILITY | PILATES | 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