



Studio Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning classes							
							-
10am	Hot Yoga (Elaine)	Hot Yoga (Noel)	Hot Yoga (Elaine)	Hot Yoga (Noel)	Hot Yoga (Noel)	Hot Yoga (Noel)	Hot Yoga (Christine/Noel)
	-	-	-	-	-	-	
Evening classes							
6pm	Hot Yoga (Noel)	Hot Yoga (Christine)	Hot Yoga (Kate)	-	Hot Yoga (Niamh)	-	-
7pm				Hot Yoga (Noel/Kate)			
7.30pm	Hot Yoga (Noel)	Hot Yoga (Christine)	Yin Yoga (Kate)	-	-	-	-

Opening hours: Mon - Thur 6am - 10pm | Fri 6am - 9pm | Sat 8am - 6pm | Sun 9am - 6pm | Bank Holidays 9am - 4pm

A: Gannon Park | Coast Road | Malahide | Co Dublin

P: 01-845 6434 | E: info@platinumgyms.ie | W: www.platinumgyms.ie | Join us on

