



PLATINUMGYMS

BALBRIGGAN

MEMBERS: Studio Class Timetable - Effective 7th September 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning classes						
09.30 - 10.00	-	-	-	*Mobility	-	-
10.00 - 11.00	*Complete Tone	HIIT <i>(High Intensity Interval Training)</i>	Pilates <u>OR</u> *Complete Tone	*Fit-To-Fight	*Kettlebells	*Circuits
11.00 - 11.45	-	-	-	-	-	*Mobility
Evening classes						
18.00 - 18.30	-	-	-	*Killer Abs	-	-
18.30 - 19.15	*Circuits	*Pilates <u>OR</u> * HIIT <i>(High Intensity Interval Training)</i>	*Kettlebells	*HIIT <i>(High Intensity Interval Training)</i>	-	-
19.15 - 20.00	Conditioning	Modified Strongman/woman Training*	*Tabata Strength <u>OR</u> *Mobility	Modified Strongman/woman Training*	-	-

*Gym members are required to sign up for these classes

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

Unit 2 | Balbriggan Retail Park | Dublin Road | Balbriggan | Co Dublin

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