



Studio Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning classes							
9.15 - 10.00	Yoga (Liz)	Kettlebells (Robbie)	Total Tone (Ian)	Box and Burn (Ian)	HIIT (Clive)	Spin/ Abs - 9.30-10.30 (Grace)	-
10.00 - 10.45	Spin Circuit (Robbie)	30 Min Spin (Robbie)	Spin Circuit (Ian)	30 Min Spin (Ian)	Kettlebells Circuit (Clive)	-	-
11.30 - 12.15	-	-	-	-	-	-	Sunday Spin (Grace/Robbie)
Evening classes							
18.30 - 19.15	Spinning (Grace)	Spin Circuit (Grace)	Total Tone (Robbie)	Spinning (Grace)	-	-	-
19.15 - 20.00	Total Tone (Ian)	Bums and Tums (Grace)	Spinning (Grace)	-	-	-	-

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

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