



Studio Class Timetable

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------|----------------------|-----------------------|--------------------|---------------------|-----------------------------|--------------------------------|---------------------|
| Morning classes | | | | | | | |
| 9.15 - 10.00 | Pilates (Siobhan) | Kettlebells (Peter) | Total Tone (Ianb) | Bums and Tums (Ian) | HIIT (Clive) | Spin/ Abs - 9.30-10.30 (Grace) | - |
| 10.00 - 10.45 | Spin Circuit (Peter) | 30 Min Spin (Peter) | Spin Circuit (Ian) | 30 Min Spin (Ian) | Kettlebells Circuit (Clive) | - | - |
| 11.30 - 12.15 | - | - | - | - | - | - | Sunday Spin (Grace) |
| Evening classes | | | | | | | |
| 18.30 - 19.15 | Spinning (Grace) | Spin Circuit (Grace) | Total Tone (Peter) | 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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