



Reformer



Cardio



Barre



Fitness



Pilates

SUNDAY STUDIO

8.00 - 9.00	Body Firm	SINEAD	1
9.00 -10.00	Barbell Class	SINEAD	2
9.00-10.00	Reformer L2	MARIA	3
17.00 -18.00	Reformer L2	ANTONIA	3

MONDAY STUDIO

7.00 - 8.00	Reformer L2	MARIA	3
9.00 -10.00	Reformer L2	ANTONIA	3
10.00-11.00	Pilates Barre	ANTONIA	1
18:30 -19:30	Body Firm	SINEAD	1

TUESDAY STUDIO

8.00 - 9.00	TRX	SINEAD	2
9.00 -10.00	Body Firm	SINEAD	1
9.00-10.00	Reformer L2	MARIA	3
10.00 -11.00	Barbell Class	SINEAD	2
11.00 -12.00	Legs, Bums & Tums	SINEAD	1
17.00 -18.00	Reformer L2	ANTONIA	3



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WEDNESDAY **STUDIO**

7.00 - 8.00	Reformer L2	MARIA	3
9.00 -10.00	Barre Sculpt	MARIA	1
10.00 -11.00	Reformer L2	MARIA	3
18.30-19.30	Body Firm	SINEAD	1

THURSDAY **STUDIO**

7.00 - 8.00	Body Firm	SINEAD	1
8.00 -9.00	Kick Boxing	SINEAD	2
9.00 -10.00	Legs, Bums & Tums	SINEAD	1
	Reformer L2	ANTONIA	3

FRIDAY **STUDIO**

9.00 -10.00	Reformer 1, 2	ANTONIA	3
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SATURDAY **STUDIO**

9.00 -10.00	Body Firm	SINEAD	1
10.00 -11.00	Latino Cardio	LIRIS	1
	Kick Boxing	SINEAD	2
	Reformer 1, 2	ANTONIA	3
11.00 -12.00	Legs, Bums & Tums	SINEAD	1

Personal Training offered every day. Please see Reception to book.

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