


Sunday			Monday			Tuesday		
STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3
<i>Personal Training</i>	KickBoxing Sinead 7:00-8:00		<i>Personal Training</i>	Barre Sculpt Zoe 8:00-9:00	Reformer L2 Antonia/Maria 8:00-9:00	<i>Personal Training</i>	WeightLoss Circuit Sinead 7:00-8:00	
Legs, Bums & Tums Sinead 9:00-10:00	<i>Personal Training</i>	Reformer L2 Sandra 9:00-10:00	<i>Personal Training</i>	<i>Personal Training</i>	Reformer L2 Maya 9:00-10:00	BodyFirm Sinead 9:00-10:00	<i>Personal Training</i>	Reformer L2 Maria 9:00-10:00
STOTT PILATES Zoe 10:00-11:00	<i>Personal Training</i>	Reformer L2 Maria 10:00-11:00	STOTT PILATES Maya 10:00-11:00	<i>Personal Training</i>	Reformer L2 Antonia 10:00-11:00	Barre Sculpt Zoe 10:00-11:00	TRX Sinead 10:15-11:00	
WeightLoss Circuit Sinead 11:00-12:00	<i>Personal Training</i>			<i>Personal Training</i>			<i>Personal Training</i>	
STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3
<i>Personal Training</i>		Reformer L2 Antonia 17:00-18:00	BodyFirm Sinead 18:00-19:00	<i>Personal Training</i>			<i>Personal Training</i>	Reformer L2 Antonia 17:00-18:00
<i>Personal Training</i>		Reformer L2 Maria 18:00-19:00		<i>Personal Training</i>			<i>Personal Training</i>	Reformer L2 Maria 18:00-19:00

MOTION LADIES FITNESS CENTER

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Wednesday			THURSDAY			Friday		Saturday			
STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1,2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3	
	Barre Sculpt Zoe 8:00-9:00		BodyFirm Sinead 7:00-8:00	KickBoxing Sinead 8:00-9:00	Reformer L2 Antonia 8:00-9:00				<i>Personal Training</i>		
WeightLoss Circuit Sinead 9:00-10:00	<i>Personal Training</i>	Reformer L1 Maya 9:00-10:00	Legs,Bums & Tums Sinead 9:00-9:45	<i>Personal Training</i>	Reformer L2 Maria 9:00-10:00		Reformer 1,2 Antonia 9:00-10:00	<i>Personal Training</i>	BodyFirm Sinead 9:00-10:00		
STOTT PILATES Maya 10:00-11:00	<i>Personal Training</i>	Reformer L2 Maria 10:00-11:00	BootyBarre Antonia 10:00-11:00	<i>Personal Training</i>			Reformer 1,2 Antonia 10:00-11:00	Latino Cardio Liris 10:00-11:00	Kick Boxing Sinead 10:00-11:00	Reformer L2 Maria 10:00-11:00	
Legs,Bums & Tums Sinead 11:00-12:00	<i>Personal Training</i>			<i>Personal Training</i>				Legs, Bums & Tums Sinead 11:00-12:00	Kids Pilates Malicah 10:00-11:00		
STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3			STUDIO 1	STUDIO 2	STUDIO 3	
Barre Sculpt Zoe 18:00-19:00	<i>Personal Training</i>		OCTOBER 2018								
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