



Reformer



Barre



Fitness



Pilates



CARDIO

SUNDAY			MONDAY			TUESDAY		
STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3
	BodyFirm  SINEAD 8:00-9:00				Reformer 2  ZOE 7:00-8:00		TRX SINEAD 7:00-8:00	
Legs, Bums & Tums SINEAD 09:00-10:00		Reformer 1,2 9:00-10:00	Barre Sculpt  ZOE 8:00 -9:00		Reformer 2 ANTONIA 8:00-9:00	BodyFirm SINEAD 9:00-10:00		
STOTT PILATES  10:00 -11:00		Reformer 1,2 10:00-11:00			Reformer 2 ZOE 9:00-10:00	LATINO CARDIO LIRIS 10:00-11:00		Reformer 2 10:00-11:00
WEIGHTLOSS CIRCUIT SINEAD 11:00-12:00			STOTT PILATES  ZOE 10:00 -11:00		Reformer 2 ANTONIA 10:00-11:00	Legs, Bums & Tums  SINEAD 11:00-12:00		
		Reformer 2 ANTONIA 17:00-18:00						Reformer 2 ANTONIA 17:00-18:00
		Reformer 2 MARIA 18:00-19:00	BodyFirm SINEAD 18:00-19:00					Reformer 2 MARIA 18:00-19:00



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WEDNESDAY			THURSDAY			FRIDAY	SATURDAY		
STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3
		Reformer 2 ZOE 7:00-8:00	BodyFirm SINEAD 7:00-8:00	KICKBOXING SINEAD 8:00-9:00	Reformer 2 ANTONIA 8:00-9:00	Reformer 1&2 ANTONIA 9:00-10:00		BodyFirm SINEAD 09:00-10:00	
		Reformer 2 ZOE 8:00-9:00	Legs, Bums & Tums SINEAD 09:00-10:00		Reformer 2 MARIA 9:00-10:00	Reformer 1&2 ANTONIA 10:00-11:00	LATINO CARDIO LIRIS 10:00-11:00	KICKBOXING SINEAD 10:00-11:00	Reformer 2 MARIA 10:00-11:00
Barre Sculpt ZOE 9:00 -10:00		Reformer 2 9:00-10:00	BootyBarre ANTONIA 10:00 -11:00				Legs, Bums & Tums SINEAD 11:00-12:00		
STOTT PILATES 10:00 -11:00		Reformer 2 ZOE 10:00-11:00							
Barre Sculpt ZOE 18:00 -19:00									

### CONTACT US

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### FOLLOW US

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