

Naas Fitness Class Timetable - LIVE CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00	06:15 SPIN	06:15 BODYPUMP	06:15 SPIN	06:30 FX TRAINING	06:15 SPIN		
07:00							
08:00							
09:00	09:20 AQUA AEROBICS		09:20 AQUA AEROBICS		09:20 AQUA AEROBICS	09:15 SPIN	09:30 SPIN
10:00	10:15 BODYPUMP	10:15 SPIN	10:15 BODYBALANCE	10:15 BODYPUMP	10:15 BODYPUMP	10:30 BODYPUMP	10:30 BODYPUMP
11:00							
12:00							
13:00							
14:00							
15:00						15:00 TEEN TRAINING	15:00 TEEN TRAINING
16:00	16:30 TEEN TRAINING		16:30 TEEN TRAINING				
17:00			17:30 SPIN				
18:00	18:30 BODYATTACK	18:15 BODYPUMP	18:30 BODYATTACK	18:30 BODYPUMP	18:00 SPIN		
19:00	19:20 AQUA AEROBICS	19:20 AQUA AEROBICS	19:20 AQUA AEROBICS	19:30 SPIN	19:30 BODYPUMP		
	19:45 SPIN	19:45 SPIN	19:30 BODYPUMP				
20:00				06:30 FX TRAINING			
21:00							

Athy Fitness Class Timetable - LIVE CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00	06:15 SPIN	06:30 AEROMIX	06:30 BODYPUMP	06:30 SPIN	06:30 SPIN		
07:00							
08:00							
09:00	09:45 BODYPUMP	09:45 BODYBALANCE	09:45 BODYPUMP	09:45 BUMS LEGS & TUMS	09:45 BODYPUMP		
10:00						10:00 BODYPUMP	10:00 SPIN
11:00	11:00 AQUA AEROBICS			11:00 SENIOR STRENGTH AND MOBILITY	11:00 AQUA AEROBICS	11:00 SPIN	11:00 AEROMIX
12:00							
13:00			13:15 AQUA AEROBICS			13:00 TEEN TRAINING	13:00 K KIDS FITNESS
14:00							
15:00							
16:00	16:30 TEEN TRAINING			16:30 TEEN TRAINING			16:30 TEEN CIRCUITS
17:00							
18:00	18:00 SPIN	18:00 BODYPUMP	18:00 AEROMIX	18:00 AEROMIX	18:00 SPIN & TONE		
19:00	19:00 BODYPUMP	19:00 BOOTCAMP	19:00 SPIN & TONE	19:00 SPIN	19:00 AEROMIX		
20:00	20:00 BODYBALANCE	20:00 AQUA AEROBICS	20:00 AQUA AEROBICS	20:00 AQUA AEROBICS	19:50 AB BLAST		
21:00							

Newbridge Fitness Class Timetable - LIVE CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00	6:15 SPIN		6:15 SPIN				
07:00	07:00 SPIN	07:00 BODYPUMP	07:00 SPIN 07:30 BODYPUMP		07:00 SPIN 07:30 BODYPUMP		
08:00							
09:00							
10:00	10:00 AEROMIX	10:00 BODYPUMP	10:00 BODYPUMP	10:00 BODYPUMP	10:00 BUMS THIGHS TUMS	10:30 SPIN	
11:00		11:00 BODYBALANCE					
12:00							
13:00		13:00 BODYPUMP	13:00 BODYBALANCE				
14:00							
15:00							
16:00							
17:00	17:30 BODYPUMP	17:15 BODYPUMP	17:30 BODYPUMP	17:30 STEP & TONE			
18:00	18:15 HIIT Cardio	18:00 SPIN	18:45 BUMS THIGHS TUMS	18:30 BODYPUMP	18:00 SPIN		
19:00	19:30 BODYBALANCE	19:00 SPIN	19:00 SPIN	19:15 SPIN			
20:00			20:00 BODYBALANCE				
21:00							