



CLASS TIMETABLE

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30-07:00	SPIN	CIRCUITS	HYROX CONDITIONING	KETTLEBELLS	LEGS BUMS & TUMS		
07:15-07:45	HIIT	SPIN	SPIN & STRENGTH	SPIN	SPIN & STRENGTH		
08:15-08:45						SPIN	
10:00-10:30	LEGS BUMS & TUMS	HYROX CONDITIONING	KETTLEBELLS	BOOTCAMP	HIIT	CIRCUITS	TOTAL TONE
11:00-11:45							PILATES
17:30-18:00	80's SPIN	KETTLEBELLS	90's SPIN	LEGS BUMS & TUMS			
18:15-19:00	HATHA YOGA	ZUMBA	PILATES	VINYASA YOGA		<ul style="list-style-type: none"> • All classes are free for members. €12 for non-members. • Book in advance for all workouts. Limited spaces available. • Please notify the instructor of any medical condition or pregnancies. • Yoga mats are not provided by the The Movement Fitness Club. • All workouts are subject to change. 	
19:15-19:45	SPIN	SPIN	SPIN	SPIN & STRENGTH			
20:00-20:30	BOOTCAMP						