

**CLASS SCHEDULE**

| MONDAY                                   | TUESDAY                         | WEDNESDAY                                | THURSDAY                        | FRIDAY                                   | SATURDAY                     |
|--|---------------------------------|--|---------------------------------|--|------------------------------|
| <b>H.I.I.T</b><br>07:00 - 07:30          |                                 | <b>H.I.I.T</b><br>07:00 - 07:30          |                                 | <b>H.I.I.T</b><br>07:00 - 07:30          |                              |
|  | <b>Pilates</b><br>08:15 - 09:15 |  | <b>Pilates</b><br>08:15 - 09:15 |  | <b>Yoga</b><br>09:00 - 10:00 |
| <b>Glutes &amp; Abs</b><br>18:00 - 19:00 |                                 | <b>Yoga</b><br>18:00 - 19:00             |                                 | <b>Glutes &amp; Abs</b><br>18:00 - 19:00 |                              |
| <b>TRX</b><br>19:00 - 20:00              | <b>Tabata</b><br>19:00 - 20:00  | <b>Glutes &amp; Abs</b><br>19:00 - 20:00 | <b>Tabata</b><br>19:00 - 20:00  | <b>TRX</b><br>19:00 - 20:00              |                              |

**Classes for Residents**

1 Session €15 | 4 Sessions €50 | Unlimited Monthly €95

**T: 25100109 Direct Line: 25251962**