



CLASS SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Pilates

08:15 - 09:15

Pilates

08:15 - 09:15

Yoga

09:00 - 10:00

Yoga

18:00 - 19:00

TRX

19:00 - 20:00

TRX

19:00 - 20:00

Tabata

19:00 - 20:00

TRX

19:00 - 20:00

Tabata

19:00 - 20:00

Classes for Residents

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

T: 25100109 Direct Line: 25251962