



CLASS TIMETABLE

*Courses - Message Niamh directly if interested in the Saturday powerlifting course.

*Schedule will vary on Bank Holidays.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	--	Course* Morning Group LIFT 6.30-7.30 am	--	Course* Morning Group LIFT 6.30-7.30 am	NEW! Course* Morning Group LIFT and Intervals & Core 6.30-7.30 am	--
LUNCHTIME	Strong (Wo)Man 12.30 - 1.20pm	--	Strong (Wo)Man 12.30 - 1.20pm		Strong (Wo)Man 12.30 - 1.20pm	LIFT Squad 10.00-10.50 am
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EVENING	Strong (Wo)Man 6.15 - 7.05pm	Course* Evening Group LIFT 6.30-7.30 pm	Strong (Wo)Man 6.30 - 7.30pm	Course* Evening Group LIFT 6.30-7.30 pm	--	--
		NEW! Strong (Wo)Man 7.30 - 8.20pm	--	--	--	--