

PORTLAOISE CLASS TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

					9:30AM-10:15AM SPIN & ABS	

EVENING

5.30PM-6.15PM SPIN	5.30PM-6.15PM X FIT	5.30PM-6.15PM SPIN	5.30PM-6.15PM X FIT	
7.00PM-7.45PM X FIT	7.00PM-7.45PM SPIN	7.00PM-7.45PM STRENGTH & CONDITIONING		

NOTES:

- Classes places are first come first served. No Booking Required
- All classes are subject to change.
- Limited amount of places on each class.
- Please notify the class instructors on any medical condition and pregnancies.
- SPIN Bike Attire – Only Shorts & Leggings permitted NO Track Suit bottoms.
- S&C on Astro Area.
- SPIN in Studio on Gym Floor