



New Class Timetable (From 6TH July 2009)

MONDAY

12:05 – 12:50 – SPIN AND TONE

Sharon Cooney

**13:05 – 13:45 – CORE STABILITY,
STRENGTH & STRETCH**

Martina Magill

New* 16:30 – 17:15 – FITNESS YOGA

Sharon Cooney

TUESDAY

12:05 – 12:50 – FITBALL

Sharon Cooney

13:05 – 13:45 – BOXERCIZE / KICKBOXING

Sharon Cooney

16:30 – 17:15 – POLE/CHAIR DANCE

Martina Magill

WEDNESDAY

12:05 – 12:50 – KANGOO!

Sharon Cooney

13:00 – 13:50 – DANCING

Lorraine Eckersley

16:05 – 16:50 – SPINNING

Martina Magill

THURSDAY

12:05 – 12:50 – BODYMAX

Sharon Cooney

13:05 – 13:50 – LEGS, BUMS & TUMS

Sharon Cooney

16:30 – 17:15 – KANGOO & TONE

Martina Magill

FRIDAY

12:05 – 12:50 – SPINNING

Sharon Cooney

13:05 – 13:50 – PILATES

Martina Magill

Come and join the gym, get fit and feel good – it's only £10 a month – gym open 6am-9pm, plus WEEKENDS!!!!

