

Group Fitness Timetable - Dublin, Dartry

Club phone number: 01 491 1675

Mon - Thur: 6:30am - 10:00pm

Fri: 6:30am - 8:00pm

Sat - Sun: 9.00am - 7.00pm

Bank holiday opening hours: 10:30am - 05:00pm

Monday

Time	Class	Level	Studio
10:00 - 10:45	Yoga	All	Studio 1
11:00 - 11:45	Aerobics	All	Studio 1
12:15 - 13:00	LA Water Aerobics	All	Pool
18:00 - 18:45	Step	All	Studio 1
19:00 - 20:00	Boxercise	All	Studio 1
19:00 - 19:45	LA Spin	All	LA Spin
20:00 - 20:45	LA Spin	All	LA Spin
20:00 - 21:00	Body Pump	All	Studio 1

Tuesday

Time	Class	Level	Studio
07:00 - 07:45	LA Spin	All	LA Spin
10:00 - 11:00	Body Pump	All	Studio 1
11:00 - 11:40	Primetime	All	Studio 1
11:50 - 12:35	LA Water Aerobics	All	Pool
13:00 - 13:45	Step	All	Studio 1
18:00 - 18:45	Aerobics	All	Studio 1
19:00 - 19:45	LA Spin	All	LA Spin
20:00 - 20:45	LA Spin	All	LA Spin

Wednesday

Time	Class	Level	Studio
07:00 - 08:00	Body Pump	All	Studio 1
11:00 - 11:40	Primetime	All	Studio 1
11:50 - 12:35	LA Water Aerobics	All	Pool
12:00 - 12:45	Yoga	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin

19:00 - 19:45	LA Spin	All	LA Spin	13:00 - 13:45	Synergize	All	Studio 1
19:00 - 19:45	Step	All	Studio 1				
20:00 - 20:45	Synergize	All	Studio 1				

Thursday

Time	Class	Level	Studio
07:00 - 07:45	LA Spin	All	LA Spin
11:00 - 11:40	Primetime	All	Studio 1
11:50 - 12:35	LA Water Aerobics	All	Pool
19:00 - 19:45	LA Spin	All	LA Spin
19:00 - 19:45	Aerobics	All	Studio 1
20:00 - 20:45	LA Spin	All	LA Spin

Friday

Time	Class	Level	Studio
10:00 - 11:00	Body Pump	All	Studio 1
11:00 - 11:45	Synergize	All	Studio 1
18:00 - 19:00	Body Pump	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin

Saturday

Time	Class	Level	Studio
10:00 - 11:00	Body Pump	All	Studio 1
11:00 - 11:45	Step	All	Studio 1
12:00 - 12:45	Synergize	All	Studio 1
12:00 - 12:45	LA Spin	All	LA Spin

Sunday

Time	Class	Level	Studio
11:15 - 11:35	Abs and Back	All	Studio 1
12:00 - 12:45	LA Spin	All	LA Spin

£ - Paid Classes

■ - Tone	■ - Fit
■ - Train	■ - Trim

LA fitness
We'll get there together.