

PHYSIQUE

FITNESS STUDIO

Class Timetable

Day	Class	Time	Trainer	Contact
Monday	School (Ages 12-18)	4:00pm - 5:00pm	Aongus/Pauline	064 35455
	Tums Bums & Thighs	6:05pm - 7:00pm	Aongus	064 35455
	Step & Tone	7:00pm - 8:00pm	Pauline	064 35455
	Yoga	8:00pm - 9:30pm	Niamh	085 7137172
Tuesday	Total Body Conditioning	10:00am - 11:00am	Pauline	064 35455
	School (Ages 12-18)	4:00pm - 5:00pm	Aongus/Pauline	064 35455
	Aero Kick Box	7:00pm - 8:00pm	Rodney	064 35455
	Circuit Breaker	8:00pm - 9:00pm	Aongus/Pauline	064 35455
Wednesday	Quick Fix & Tummy Tone	1:10pm - 1:50pm	Aongus	064 35455
	School (Ages 12-18)	4:00pm - 5:00pm	Aongus/Pauline	064 35455
	Ab Attack	6:30pm - 7:00pm	Aongus	064 35455
	Private Group	7:00pm - 8:00pm	Aongus	064 35455
	Pilates	8:00pm - 9:00pm	Carmel	087 7970341
	Pilates	9:00pm - 10:00pm	Carmel	087 7970341
Thursday	Private Group	11:15pm - 12:15pm	Aongus	064 35455
	School (Ages 12-18)	4:00pm - 5:00pm	Aongus/Pauline	064 35455
	Body Sculpting	6:05pm - 7:00pm	Aongus	064 35455
	Fat Burner	7:00pm - 8:00pm	Pauline	064 35455
	Pilates	9:00pm - 10:00pm	Carmel	087 7970341
Friday	Quick Fix & Tummy Tone	10:00am - 11:00am	Aongus	064 35455
Saturday	Irish Dancing (Children)	10:30am - 11:30pm	Maureen	086 1069886
	Irish Dancing (Children)	11:30am - 12:30pm	Maureen	086 1069886
	Irish Dancing (Children)	12:30am - 1:30pm	Maureen	086 1069886

