

For One Day Only

CLASS TIMETABLE CHANGES FOR SUNDAY 23RD APRIL

TIME	CLASS	DURATION	LOCATION
10:00	CXWORX	30 mins	MBS
10:20	RPM	45 mins	CS
10:35	BodyAttack	30 mins	MBS
11:15	BodyPump	60 mins	LMS
12:20	BodyBalance	60 mins	LMS
16:10	Les Mills GRIT	30 mins	MBS
16:50	Sprint/Spin HIIT	30 mins	CS

Thank you for your understanding as we continue our ongoing affiliation with Les Mills and strive to deliver you with a world-class group fitness experience in every class.

****Please Note: The 10am BodyPump on Saturday 22nd April will be instructed by Les Mills UK & Ireland presenter Aaron Davison.****

Rory O'Connor - Studio Co-ordinator

