

Jan-21
 Fresh Health & Fitness Gym

Day	Time	Class	Instructor
MON	09.00 am - 09.30 am	Body Tone	Ildi
	10.30 am - 11.15 am	Pilates	Emma
	18.30 pm - 19.15 pm	HIIT Circuits	Will
	19.30 pm - 20.15 pm	Zumba	Cheryl
TUES	09.30 am - 10.15 am	Body conditioning	Muna
	18.00 pm - 18.45 pm	Pilates	Sarah
	19.00 pm - 19.45 pm	Fresh Air Circuit	Jules
	20.00 pm - 21.00 pm	Yoga	Hilary
WED	09.00 am - 09.45 am	Body Blast	Ciaran
	10.00 am - 10.45 am	Pilates	Sarah
	18.00 pm - 18.45 pm	T45 (with or without weights)	Ildi
	19.00 pm - 19.45 pm	HIIT Fit	Sarah
THURS	09.00 am - 09.45 am	Fresh Air Circuits	Ciaran
	10.00 am - 10.45 am	Dance Fit	Vicky
	11.00 am - 11.45 am	Yoga	Emma
	18.30 pm - 19.15 pm	Fresh Air Bootcamp	Gary
FRI	09.15 am - 10.00 am	Freestyle	Jules
	11.15 am - 12.00 pm	Pilates	Sarah
SAT	08.00 am - 08.45 am	T45	Ildi
	09.00 am - 09.45 am	Boxing Fit	Andy
	10.00 am - 10.45 am	Fresh Air Circuits	Gary/Jules
SUN	09.30 am - 10.30 am	Yoga	Fiona