

## PORTLAOISE CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING							
						9.30AM-10.15AM SPIN & ABS	

EVENING					
	5.30PM-6.15PM SPIN	5.30PM-6.15PM X-FIT	5.30PM-6.15PM SPIN	5.30PM-6.15PM X-FIT	
	6.30PM-7.15PM X-FIT	6.30PM-7.15PM SPIN	6.30PM-7.15PM ASS & ABS		

### NOTES

- Classes places are first come first served. No Booking Required.
- All classes are subject to change.
- Limited amount of places on each class.
- Please notify the class instructors on any medical condition and pregnancies.
- SPIN Bike Attire – Only Shorts & Leggings permitted NO Track Suit bottoms.
- S&C on Astro Area.
- SPIN in Studio on Gym Floor