

Gym Timetable Term 3 March 2025

- The timetable will run from **Monday 24th March – 30th May**.
- Classes will run through Easter break but **not on** Bank Holiday **Monday on the 21st April and the 21st May**.
- There will be no Spin and Tone Class with Amanda on **Wednesday 24th April**.
- **All Term 2 bookings will automatically roll to Term 3.**
- All payments can be made through the office

Day	Time	Group	Instructor	Cost	Term
Monday	09.15 - 10.15	Spinning	Amanda	€80.00	8 Classes
	10.30 - 11.30	Toning	Amanda	€80.00	8 Classes
	19.15 - 20.15	Int/Adv Pilates	Marc	€96.00	8 Classes
	20.15 - 21.15	Advanced Pilates	Marc	€96.00	8 Classes
Tuesday	09.45 - 10.45	Advanced Pilates	Marc	€120.00	10 Classes
	10.45 - 11.30	Beginners Pilates	Marc	€120.00	10 Classes
	19.00 - 20.30	Spin & Tone	Lisa	€135.00	10 Classes
Wednesday	09.15 - 10.15	Spinning	Marc	€100.00	10 Classes
	18.30 - 19.45	Spin & Weights Toning	Amanda	€108.00	9 Classes
Thursday	09.15 - 10.00	Beginners Pilates	Marc	€110.00	10 Classes
	10.15 – 11.15	Int/Adv Pilates	Marc	€120.00	10 Classes
Friday	09.15 – 10.00	Beg/Int Pilates	Marc	€110.00	10 Classes
	10.05 - 11.05	Int/Adv Pilates	Marc	€120.00	10 Classes
	11.15 – 12.30	Spin & Tone	Marc	€120.00	10 Classes

