

Gym Timetable Term 3 April 2022

- Timetable will run from **Monday 25th April to Friday 24th June 2021.**
- There will be **no classes on the 2th May and the 6th June due to Bank Holidays**
- To book a class please contact the office on **021-4272733** or email info@sundayswell.ie
- Names will continue to roll over for classes. If you do not wish to continue please contact the office.

Day	Time	Group	Instructor	Cost	Term
Monday	09.15 - 10.15am	Spinning	Ray	€ 57	7 Classes
	10.30 - 11.30am	Toning	Edel	€ 57	7 Classes
	18.30 - 19.30pm	Pilates	Marc	€ 70	7 Classes
Tuesday	09.30 - 10.30am	Pilates	Marc	€ 90	9 Classes
	18.30 - 19.30pm	Toning	Edel	€ 75	9 Classes
	19.45 - 20.45pm	Spinning	Edel	€ 75	9 Classes
Wednesday	09.15 - 10.15am	Spinning	Ray	€ 75	9 Classes
Thursday		Beginners	Marc	€ 90	9 Classes
		Pilates			
Friday	10.00 - 11.00am	Pilates	Marc	€ 90	90 Classes
	11.30 - 12.45pm	Spin & Tone	Edel	€ 90	90 Classes