

## SUNDAY'S WELL GYM TIMETABLE (APRIL – JUNE 2019)

- Timetable will run from **Monday 29<sup>th</sup> April to Thursday 27<sup>th</sup> June 2019.**
- There will be **no classes on Monday 6<sup>th</sup> May or Monday 3<sup>rd</sup> June due to the bank holidays.**
- Classes can now be [booked online](#) or by contacting the the office on **021-4272733** or email [tennis@indigo.ie](mailto:tennis@indigo.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
<b>Monday</b>	<b>09.15 - 10.15am</b>	<b>Spinning</b>	<b>Ray</b>	<b>€55.00</b>	<b>7 Classes</b>
	<b>10.30 - 11.30am</b>	<b>Toning</b>	<b>Yvonne</b>	<b>€55.00</b>	<b>7 Classes</b>

<b>Tuesday</b>	<b>18.00 - 19.00pm</b>	<b>Toning</b>	<b>Yvonne</b>	<b>€70.00</b>	<b>9 Classes</b>
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<b>Wednesday</b>	<b>09.15 - 10.15am</b>	<b>Spinning</b>	<b>Ray</b>	<b>€70.00</b>	<b>9 Classes</b>
	<b>19.00 - 20.00pm</b>	<b>Spinning</b>	<b>Ray</b>	<b>€70.00</b>	<b>9 Classes</b>

<b>Thursday</b>	<b>09.15 – 10.30am</b>	<b>Spin &amp; Tone</b>	<b>Edel</b>	<b>€90.00</b>	<b>9 Classes</b>
	<b>10.30 - 11.30am</b>	<b>Toning</b>	<b>Yvonne</b>	<b>€70.00</b>	<b>9 Classes</b>
	<b>19.00 – 20.00pm</b>	<b>Tennis HIIT</b>	<b>Ray</b>	<b>€80.00</b>	<b>9 Classes</b>