



# April Weekly Schedule

Here, you will be able to take part in a variety of classes every week each lasting 30-45 minutes.

**You can see the full schedule for April here:**

	Monday	Tuesday	Wednesday	Thursday	Friday
08:00	Core Training	Morning Energy HIIT		Morning Mindfulness	Family Fitness
11:00	Move Well Feel Well				
12:00	Pregnancy Pilates	Mobility & Flexibility	HIIT Pilates	In the Kitchen	Lunchtime Energy HIIT
13:00			Mindfulness	Guest Trainer - Niamh Cullen	HIIT Pilates
17:00	Home Gym - Dumbbells	Pilates for Runners	Dance Fit		Zone Out Yoga
18:00	Desk Yoga	Combat Fitness	In the Kitchen	Combat Fitness	