



July 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 July here:

	Monday	Tuesday	Wednesday	Thursday	Friday
08:00	Pilates Intermediate & Advanced	Morning Quick HIIT	Wake Up Yoga - All Levels	Morning Mindfulness	Family Fitness
11:00	Pregnancy Pilates	Mobility & Flexibility	Pilates for Beginners		Exercise for over 50s
12:00					
13:00	Quick HIIT & Abs	Desk Yoga			
17:00	Home Gym - Dumbbells	Pilates for Runners & Cyclists	Dance Fit-Movies, Musicals 90s, 00s	Combat Fitness Advanced	Zone Out Yoga
18:00	Wk1 Guest Training - Niamh Cullen Wk2 - Yoga All Levels	Combat Fitness All Levels	Pilates Intermediate & Advanced	Bodyweight Strength	