

## Class Timetable

### Mondays

1.10pm-1.50pm	Ab Attack	€4.50
7.00pm-7.40pm	Spinning *	€8.00
8.15pm-9.15pm	Super Circuit	€6.00

### Tuesdays

10.15am-11.00am	Body Conditioning	€4.50
6.10pm-6.50pm	Spinning *	€8.00
7.00pm-7.50pm	Bums & Tums	€6.00
8.00pm-9.00pm	Step (Beginners)	€6.00

### Wednesdays

1.10pm-1.50pm	Body Conditioning	€4.50
7.00pm-8.00pm	Step	€6.00
8.00pm-8.50pm	Bums&Tums	€6.00

### Thursdays

10.15am-11.00am	Body Conditioning	€4.50
6.10pm-6.50pm	Spinning *	€8.00
7.00pm-7.50pm	Bums&Tums	€6.00
8.00pm-9.00pm	Step (Beginners)	€6.00

### Fridays

1.10pm-1.50pm	Body Conditioning	€4.50
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### Saturdays

11.00am-11.45am	Spinning *	€8.00
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### Sundays

11am-11.50am	Bums&Tums	€6.00
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\* Spinning Classes must be pre-booked and are NOT included in LLC Tickets