

SUMMER TIMETABLE 2015

In effect from Tuesday, April 7th.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10AM PURE PUMP <i>with Karen</i>	5PM PURE X-FIT <i>with Fiona</i>	10AM PURE PUMP CIRCUITS <i>with Fiona</i>	6PM PURE X-FIT <i>with Fiona</i>	7AM SPIN2SLIM 6 WEEK PROGRAM <i>with Fiona</i>	10AM SPIN/KETTLEBELLS <i>with Fiona</i>
	6PM PURE SPIN <i>with Tom</i>		6PM PURE BEGIN SPIN <i>with Aoife</i>		
5.30PM PURE KILLER ABS <i>with Fiona</i>		5.30PM PURE HITT <i>with Fiona</i>		10AM PURE PUMP CIRCUITS <i>with Fiona</i>	11AM PURE YOGILATES <i>with Aoife</i> DROP IN ONLY €9
6PM PURE PLYO/PUMP <i>with Fiona</i>	6PM PURE BLT <i>with Fiona</i>	6PM PURE PUMP <i>with Fiona</i>	7PM PURE BOXERCISE <i>with Fiona</i>		
6PM PURE SPIN BOXERCISE <i>with Tom</i>	7PM PURE BOOTCAMP <i>with Fiona</i>	6PM PURE BEGIN SPIN <i>with Ger</i>	7PM PURE SPIN <i>with Ger</i>		
7PM PURE KETTLE/CIRCUITS <i>with Fiona</i>	7PM PURE SPIN/ABS <i>with Tom</i>	7PM PURE KETTLE CIRCUITS <i>with Fiona</i>		6PM PURE PUMP <i>with Karen</i>	
7PM PURE BEGIN SPIN <i>with Tom</i>	8PM PURE SPIN <i>with Ger</i>	7PM PURE SPIN CORE <i>with Aoife</i>			
8PM PURE SPIN <i>with Ger</i>	8PM PURE PUMP <i>with Karen</i>	7PM OUTDOOR BOOTCAMP <i>with Tom</i>		6PM PURE SPIN <i>with Fiona</i>	
8PM PURE PUMP CIRCUITS <i>with Fiona</i>					

BACK IN
SEPTEMBER

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- PROGRAMS - NOT PART OF REGULAR MEMBERSHIP
- BEGINNER - These classes are perfect for anyone new to exercise
- INTERMEDIATE - If you are used to exercise then these classes are ideal
- ADVANCED - These are designed to be tougher than the other classes. Not for beginners
- ALL LEVELS - Suitable for complete beginners to advanced

*“make exercise & nutrition
your daily habit”*