

SUMMER TIMETABLE 2015

In effect from Tuesday, April 7th.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10AM PURE PUMP with Karen	5PM PURE X-FIT with Fiona	10AM PURE PUMP CIRCUITS with Fiona	6PM PURE X-FIT with Fiona	6 WEEK PROGRAM	10AM SPIN/KETTLEBELLS
5.30PM PURE	6PM PURE SPIN	5.00044	6PM PURE BEGIN	with Fiona	with Fiona
KILLER ABS with Fiona	STORIE TEXAS	5.30PM PURE HITT with Fiona	SPIN with Aoife	10AM PURE PUMP	BACKINER URE SEPTEMBER TES With Aoife
6PM PURE PLYO/PUMP with Fiona	PURE BLT	6PM PURE PUMP with Fiona	7PM PURE BOXERCISE	CIRCUITS with Fiona	SEPTEM A TES With Aoife DROP IN ONLY €9
6PM PURE SPIN BOXERCISE with Tom	with Fiona 7PM PURE	6PM PURE BEGIN SPIN with Ger	with Fiona		OUR PRICES
7PM PURE	BOOTCAMP	7PM PURE KETTLE	7PM PURE SPIN		PAY AS YOU GO
KETTLE/CIRCUITS with Fiona	with Fiona	CIRCUITS with Fiona	with Ger	6PM PURE PUMP	ONLY €9
7PM PURE BEGIN SPIN with Tom	7PM PURE SPIN/ABS with Tom	7PM PURE SPIN CORE with Aoife	BACKIN SEPTEMBER URE SEPTEMBER	with Karen	4 WEEK MEMBERSHIP
8PM PURE SPIN with Ger	8PM PURE SPIN with Ger		SET OGILATES with Aoife	6PM PURE SPIN	ONLY €59
8PM PURE PUMP CIRCUITS with Fiona	8PM PURE PUMP with Karen	7PM OUTDOOR BOOTCAMP with Tom	6 WEEK PROGRAM	with Fiona	DOWNLOAD OUR FREE BOOKING APP

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"