

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09.15		PILATES Kirsty 60mins Doagh Room				GROUP CYCLE June 45mins Studios	
09.30	ZUMBA Anabella 60mins Studios			ZUMBA Anabella 60mins Studios	ATTACK Emma 60mins Studios		
					GROUP CYCLE Virtual 45mins Studios		GROUP CYCLE Virtual 45mins Studios
09.45				GROUP CYCLE Emma 45mins Studios			
10.00					YOGA Jayne 60mins Doagh Room	HIIT CARDIO June 30mins Studios	
10.15		HIIT STRENGTH RIG Kirsty 30mins Fitness Suite	GROUP CYCLE Virtual 45mins Studios				

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10.30		YOGA Catherine 60mins Doagh Room		CORE Emma 30mins Studio	PUMP Emma 30mins Studios		
10.45			PILATES Maria 45mins Doagh Room				
11.00	LIVE LONG Ariene 120mins Studios/ Driving Range					GROUP CYCLE Virtual 45mins Studios	GROUP CYCLE Virtual 45mins Studios
						HIIT STRENGTH RIG Emma 30mins Gym	
11.30			PILATES Maria 45mins Doagh Room				
12.30	GROUP CYCLE Paula 45mins Studios	GROUP CYCLE Virtual 45mins Studios	GROUP CYCLE Virtual 45mins Studios	GROUP CYCLE Virtual 45mins Studios	GROUP CYCLE Virtual 45mins Studios		

CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
17.00	GROUP CYCLE Virtual 45mins Studios	GROUP CYCLE Virtual 45mins Studios	GROUP CYCLE Virtual 45mins Studios	GROUP CYCLE Virtual 45mins Studios	GROUP CYCLE Virtual 45mins Studios		
17.45	GROUP CYCLE Jenny 45mins Studios	PUMP Jenny 45mins Studios	COMBAT Jenny 45mins Studios				
18.00	MORE MIND* Arlene 60mins Doagh Room		YOGA Catherine 60mins Doagh Room	GROUP CYCLE Nikki 45mins Studios			
			GROUP CYCLE Stevie 45mins Studios	YOGA Andy 60mins Doagh Room			
18.30	PUMP jenny 45mins Studios	GROUP CYCLE Jenny 45mins Studios					

CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
18.45			KETTLEBELLS Darren 30mins Studios				
19.00							
19.15			YOGA Catherine 60mins Doagh Room	YOGA Andy 60mins Doagh Room			
19.30	CIRCUITS Darren 30min Studios	YOGA Anne 60mins Doagh Room					
20.00	CORE Leah 30min Studios						

MORE Cardio

Cardio classes include a variety of movements and exercises to get the heart rate pumping. Cardio classes can vary greatly, but at the core, it includes movements that increase your heart rate.

MORE Strength

If your goal is to get stronger and more sculpted then these classes are for you. The sessions are designed to get you fitter, stronger and leaner using a combination of equipment and your own bodyweight.

MORE Mind & Body

A form of exercise that combines body movement, mental focus and controlled breathing to improve strength, balance, flexibility and overall health.

(J) MORE Junior Class

(S) MORE Senior Class

***MORE Movement for your Mind**