

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
09.30	<b>AEROBICS</b> Andrea 60 mins Studio 2		<b>HiIT STRENGTH</b> Arlene/Caolaihn/Sarah 30 mins Gym	<b>ZUMBA</b> Annabella 60 mins Studio 2	
10.00		<b>YOGA</b> Andrea 60 mins Doagh Room			<b>YOGA</b> Jayne 60 mins Doagh Room
12.30		<b>HiIT STRENGTH</b> Andrea 30 mins Gym			
17.45	<b>INDOOR CYCLE</b> Jenny 45 mins Studio 1	<b>PUMP</b> Jenny 45 mins Studio 2			
18.00			<b>YOGA</b> Catherine 60 mins Doagh Room		
18.30	<b>PUMP</b> Jenny 30 mins Studio 2	<b>INDOOR CYCLE</b> Jenny 45 mins Studio 1	<b>KETTLEBELLS</b> Darren 30 mins Studio 2		
19.00	<b>YOGA</b> Anne 60 mins Doagh Room			<b>KETTLEBELLS</b> Darren 30 mins Studio 2	
19.15	<b>INDOOR CYCLE</b> June 45 mins Studio 1		<b>INDOOR CYCLE</b> Jonathan 45 mins Studio 1		

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19.30		<b>YOGA</b> Anne 60 mins Doagh Room			
19.45				<b>INDOOR CYCLE</b> June 45 mins Studio 1	
20.00	<b>CORE</b> June 30 mins Studio 1				

### 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