

# Iveagh Fitness Club Timetable

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
<b>AM</b>	<b>Spinning</b> 07:15 - 07:55	<b>Body Pump</b> 07:15 - 08:00	<b>Spinning</b> 07:15 - 07:55	<b>Aqua Fit</b> 11:00 - 11:45	<b>Spinning</b> 07:15 - 07:55	<b>Aqua Fit</b> 10:30 - 11:10	<b>Spinning</b> 11:00 - 11:50
		<b>Aqua Fit</b> 11:00 - 11:45				<b>Body Pump</b> 11:00 - 11:55	<b>Abs Attack</b> 11:50 - 12:00
						<b>Core Work</b> 12:00 - 12:30	
<b>LUNCH</b>	<b>Body Pump</b> 13:10 - 13:55	<b>Spinning</b> 13:10 - 13:40	<b>Box Fit</b> 13:10 - 13:50	<b>Spinning</b> 13:10 - 13:50	<b>Cardio Circuits</b> 13:10 - 13:50	<b>Spinning</b> 14:00 - 14:45	
		<b>Abs Attack</b> 13:40 - 13:50					
<b>PM</b>	<b>Abs Attack</b> 17:45 - 17:55	<b>Cardio Circuits</b> 17:45 - 18:15	<b>Abs Attack</b> 17:45 - 17:55	<b>Body Pump</b> 18:00 - 19:00	<b>Spinning</b> 18:00 - 18:50		
	<b>Bootcamp</b> 18:00 - 18:30	<b>Box Fit</b> 18:15 - 18:55	<b>Body Sculpt</b> 18:00 - 18:30	<b>Aqua Fit</b> 18:30 - 19:00	<b>Abs Attack</b> 18:50 - 19:00		
	<b>Step Aerobics</b> 18:30 - 19:10	<b>Aqua Fit</b> 18:20 - 18:55	<b>Spinning</b> 18:30 - 19:15	<b>Spinning</b> 18:30 - 19:15			
	<b>Spinning</b> 18:30 - 19:15	<b>Spinning</b> 18:30 - 19:15	<b>Spinning</b> 19:15 - 20:00	<b>Cardio Combat</b> 19:00 - 19:40			
	<b>Body Pump</b> 19:15 - 19:55	<b>Body Pump</b> 19:00 - 19:55	<b>Cardio Dance</b> 19:15 - 19:55				
	<b>Spinning</b> 19:15 - 20:00	<b>Spinning</b> 19:15 - 19:45					