

Kickstart

Class Timetable

Mon	<u>6.40 am - 7.30am</u> Weight Training	<u>9.30 am - 10.30am</u> Ladies Weights	<u>12.00pm - 12.50pm</u> Core Strength & Conditioning	<u>5.30pm - 6.30pm</u> Kickstart H.I.I.T	<u>6.20pm - 7.20pm</u> Ladies TRX® & Weights	<u>7.30pm - 8.30pm</u> Yoga	<u>8.30pm - 9.30pm</u> Strength Training	
Tues	<u>6.40 am - 7.30am</u> Strength & Conditioning	<u>9.30 am - 10.30am</u> Kickstart H.I.I.T	<u>12.00pm - 12.50pm</u> Weight Training	<u>4.30pm - 5.30pm</u> Kids Fitness Class	<u>5.30pm - 6.30pm</u> Core Strength & Conditioning	<u>5.30pm - 6.30pm</u> Weight Training	<u>7.30pm - 8.30pm</u> Ladies TRX® & Barbells	<u>8.30pm - 9.30pm</u> Strength & Conditioning
Wed	<u>9.30 am - 10.30am</u> Ladies Weights	<u>12.00pm - 12.50pm</u> Core Strength & Conditioning	<u>5.30pm - 6.30pm</u> Kickstart H.I.I.T	<u>6.20pm - 7.20pm</u> Ladies TRX® & Weights	<u>7.30pm - 8.30pm</u> Yoga	<u>8.30pm - 9.30pm</u> Strength Training		
Thurs	<u>6.40 am - 7.30am</u> Strength & Conditioning	<u>9.30 am - 10.30am</u> Kickstart H.I.I.T	<u>12.00pm - 12.50pm</u> Weight Training	<u>4.30pm - 5.30pm</u> Kids Fitness Class	<u>5.30pm - 6.30pm</u> Core Strength & Conditioning	<u>5.30pm - 6.30pm</u> Weight Training	<u>7.30pm - 8.30pm</u> Ladies TRX® & Barbells	<u>8.30pm - 9.30pm</u> Strength & Conditioning
Fri	<u>6.40 am - 7.30am</u> Weight Training	<u>9.30 am - 10.30am</u> Ladies Weights	<u>10.30am - 11.30am</u> Yoga	<u>12.00pm - 12.50pm</u> Weight Training	<u>5.30pm - 6.30pm</u> Weight Training	<u>6.30pm - 7.30pm</u> Kickstart H.I.I.T	<u>7.30pm - 8.30pm</u> Strength Training	
Sat	<u>9.30 am - 10.30am</u> Strength & Conditioning	<u>9.30 am - 10.30am</u> Strength Training	<u>11.00am - 12.00am</u> Ladies TRX® & Conditioning	<u>11.00am - 12.00am</u> Kids Yoga				
Sun	<u>10.00 am - 11.00am</u> Strength & Conditioning							

PRICES	<u>PAY AS YOU GO</u>	<u>WEEKLY</u>	<u>WEEKLY</u> <small>(INCLUDING YOGA)</small>	<u>MONTHLY</u> <small>(INCLUDING YOGA)</small>	<u>MONTHLY</u> <small>(INCLUDING CHILDCARE 1 CHILD)</small>	<u>SUNDAY CLASS</u>	<u>KIDS CLASS</u>	<u>CHILDCARE</u> <small>DROP IN FEE</small>
	€8	€20	€25	€70	€90	€5	€5	€5



Kickstart Fitness



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