

Main Studio Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am - 6.45am	Strength	Circuits	Pump & Tone	Strength	Circuits	
7am - 7.45am	Pump & Tone	Strength	Circuits	Circuits	Circuits	8.30am Pump & Tone
9.45am - 10.30am	Circuits		Strength		Circuits	Zumba
11am - 11.45am	Senior Female Circuits	Circuits	Zumba Gold	Strength	Senior Aerobics	Circuits
12pm - 12.45pm	Senior Male Circuits				Senior Male Circuits	
4pm - 4.45pm						
5pm - 5.45pm	Strength	Circuits		Yogalates		
6pm - 6.45pm	Circuits	Circuits		Strength		
7pm - 7.45pm	Strength	Zumba	HIIT	Zumba		
8pm - 8.45pm	Pump & Tone			Pump & Tone		



Social Media @FitbugFitness

Call 086 154 7199



Spin Studio Timetable 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am - 6.45am					Virtual	
7am - 7.45am		Virtual	Virtual		Virtual	
8am - 9.15am						ENDURANCE
9.45am - 10.30am	Virtual	Disco	Virtual	Disco	Virtual	Disco
11am - 11.45am	Senior Spin		Senior Spin			Virtual
4pm - 4.45pm						
5pm - 5.45pm	Virtual	Virtual	Virtual			
6pm - 6.45pm	Disco	Disco	RPM	Disco		
7pm - 7.45pm	RPM	RPM	Virtual	RPM		
8pm - 8.45pm		Spin HIIT		Spin HIIT		



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