



Main Studio Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am - 6.45am	Strength	Circuits		Strength	Circuits	
7am - 7.45am	Circuits	Strength		Circuits	Circuits	8.30am Pump & Tone
9.45am - 10.30am	Circuits		Strength		Circuits	9.45am Zumba
11am - 11.45am	Senior Female Circuits	Senior Female Circuits	Senior Dance	Senior Female Circuits	Senior Aerobics	11.00am Circuits
12pm - 12.45pm	Senior Male Circuits	Senior Male Stretch			Senior Male Circuits	12.30pm Pilates & Stretch
1pm - 1.30pm	SEE SPIN TIMETABLE FOR LUNCH CLASSES					Sunday
5pm - 5.45pm	Strength	Circuits	Circuits			9.30am Circuits
6pm - 6.45pm	Strength	Circuits	Circuits	Strength		10.45am Yoga FLOW
7pm - 7.45pm	SUPER Strength	Zumba	YOGA FLOW			
8pm - 8.45pm	Pump & Tone			Pump & Tone		

Social Media @FitbugFitness

Call 086 154 7199



Spin Studio Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am - 7.45am		Bootcamp				8.30am - 9.15am RPM Spin
9.45am - 10.30am		Disco		Bootcamp		9.30am - 10.15am Disco Spin
11am - 11.45am	Senior Female Spin		Senior Female Spin			11.00am Virtual Spin
1.00pm - 1.30pm	EXPRESS	HIIT		EXPRESS	HIIT	
5.30pm - 6.15pm		Bootcamp				
5.45pm - 6.30pm	Bootcamp					
6pm - 6.45pm						
7pm - 7.45pm	RPM	RPM		RPM Spin		
8pm - 8.45pm	HIIT	Bootcamp	Disco			

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