



Roslevan centre, Tulla Road, Ennis

FITNESS CLASSES TIMETABLE

28TH JUNE - 4th SEPTEMBER 2010

Day	Time	Class
MONDAY	5.30pm	SPIN AND SLIM
	6.30pm	SPIN AND TONE
	7.30pm	Fat Burn & Tone Gym Circuits
TUESDAY	06.45am	Fat Burn & Tone Gym Circuits
	5.30pm	Fat Burn & Tone Spin Circuits
	6.30pm	Fat Burn & Tone Spin Circuits
WEDNESDAY	5.30pm	SPIN AND AB'S
	6.30pm	SPIN AND AB'S
	7.30pm	Fat Burn & Tone Gym Circuits
THURSDAY	06.45am	Fat Burn & Tone Gym Circuits
	5.30pm	Fat Burn & Tone Spin Circuits
	6.30pm	Fat Burn & Tone Spin Circuits
	7.45pm	HOT YOGA
	8pm	BOOTCAMP WORKOUT(outdoors)
Friday	6.30pm	SPIN AND AB'S
SATURDAY	9.30am	Fat Burn & Tone Spin Circuits

CALL or TEXT DARREN ON : 086 0311 111

or email darren@fitnesssolutions.ie

www.fitnesssolutions.ie

**NEW FLEXIBLE PAYMENT PLAN, NO COMMITMENT
BUY YOUR VOUCHER AND USE THEM FOR ANY CLASS IN
OUR TIMETABLE** Valid for 3mths from purchase**

CLASSES REQUIRE MINIMUM OF 8 PEOPLE TO REMAIN ON THE SCHEDULE
SCHEDULES ARE SUBJECT TO CHANGE AT MANAGEMENTS DISCRETION

** EXCLUDED IS HOTYOGA which is a course