



2nd APRIL - 2nd June 2012

Day	Time	Class	Venue
MONDAY	7am	** STUDIO BODYFIT BOOTCAMP	Roslevan Centre, Tulla Road
	5.30pm	SPIN AB'S & CORE	Roslevan Centre, Tulla Road
	6.30pm	SPIN AB'S & CORE	Roslevan Centre, Tulla Road
	7.30pm	SPIN AB'S & CORE	Roslevan Centre, Tulla Road
TUESDAY	06.45am	Fat Burn & Tone GYM Circuits	Roslevan Centre, Tulla Road
	10.00am	Fatloss & Tone SPIN Circuits	Roslevan Centre, Tulla Road
	5.30pm	Fatloss & Tone SPIN Circuits	Roslevan Centre, Tulla Road
	6.30pm	Fatloss & Tone SPIN Circuits	Roslevan Centre, Tulla Road
	8pm	INFRA RED HOT YOGA COURSE	Roslevan Centre, Tulla Road
	8pm	** BOXING FOR FITNESS COURSE	Roslevan Centre, Tulla Road
WEDNESDAY	7am	** STUDIO BODYFIT BOOTCAMP	Roslevan Centre, Tulla Road
	5.30pm	** STUDIO BODYFIT BOOTCAMP	Roslevan Centre, Tulla Road
	6.30pm	** STUDIO BODYFIT BOOTCAMP	Roslevan Centre, Tulla Road
	7.30pm	** STUDIO BODYFIT BOOTCAMP	Roslevan Centre, Tulla Road
THURSDAY	06.45am	Fat Burn & Tone GYM Circuits	Roslevan Centre, Tulla Road
	5.30pm	SPIN AB'S & CORE	Roslevan Centre, Tulla Road
	6.30pm	SPIN AB'S & CORE	Roslevan Centre, Tulla Road
	8pm	INFRA RED HOT YOGA COURSE	Roslevan Centre, Tulla Road
	8pm	** BOXING FOR FITNESS COURSE	Roslevan Centre, Tulla Road
Friday	7am	** STUDIO BODYFIT BOOTCAMP	Roslevan Centre, Tulla Road
	10.00am	Fatloss & Tone SPIN Circuits	Roslevan Centre, Tulla Road
	5.30pm	Fatloss & Tone SPIN Circuits	Roslevan Centre, Tulla Road
	6.30pm	Fatloss & Tone SPIN Circuits	Roslevan Centre, Tulla Road
SATURDAY	9.30am	Last class of the week -CATCH UP CLASS	Roslevan Centre, Tulla Road

CALL or TEXT DARREN ON : 086 0311 111
 or email darren@fitnesssolutions.ie
www.fitnesssolutions.ie

**PAY AS YOU GO, OR, NEW FLEXIBLE PAYMENT PLAN -
 BUY YOUR VOUCHERS & USE THEM FOR ANY SPIN/GYM
 CLASS IN OUR TIMETABLE (valid for 2 MONTHS from purchase)**

**** NEW CLASSES TO FITNESS SOLUTIONS**

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