

CLASS TIMETABLE

AM.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	#30 06:45-07:15	SPIN 06:45-07:15	TOTAL BODY 06:45-07:15	SPIN 06:45-07:15	SPIN 06:45-07:15	
	CIRCUITS 09:30-10:00	PILATES 9:15-10:00	SPIN 09:30-10:00	HITT 09:30-10:00	PILATES 10:00-10:45	SPIN 09:00-09:30
				MINI SPIN 10:05 – 10.20		TOTAL BODY 09.30-10.00

PM.

PUMP 18:15-18:45	#30 18:30-19:00		LEGS, BUMS, TUMS 18:15-18:45
SPIN 18:45-19:15	SPIN 19.00 – 19.30	STRENGTH & CONDITIONING 19.00 – 19.30	SPIN 18:45-19:15
PILATES 19:15-20:00		SPIN 19.30 – 20.00	PILATES 19:15-20:00



To Book In:

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