

Feburary Class Timetable 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.30	Pump it (s&c)	Spin & tone *	Kore	Pabs	S&C	
10.35	ZEN with Miri*	Aqua		Aqua	Flow with Miri	bootcamp (10:00)
11.00						Aqua
3.15						
4.00						
4.45						
6.30	BLT	Flow with Miri	ZEN with Miri *	Body Tone *	Tripple T 20 *	
7.35	Kore combat conditioning	Pabs	Aqua	Spin		

Min of 3 people per gym class and 5 per pool classes

Any class with a *is an hour long class

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Time table starts 7th of feb