



Classes

MONDAY

Pilates
@ 9.15am

Strength & Conditioning
@ 7.00pm

WEDNESDAY

Yoga with Joanna
@ 9.15am

Mens 50+
@ 11.00am

Pilates @
6.00pm

FRIDAY

Pilates
@ 9.15am



TUESDAY

WoD @ 9.00am

Kettlebells
@6.30pm

Yoga @ 7.30pm

THURSDAY

WoD
@ 9.00am

Circuits
@ 7.00pm

SATURDAY

Circuits
@ 9.00am

SUNDAY

Mindful Yoga
@ 10.00am

Classes in Black included in Premium Membership
Classes in Red payable to Instructor

Book via Glofox
Email:

gym208@glenariffecrc.org

