

GYM²⁰⁸

WEEKLY

Timetable

MONDAY

9.15am - **Pilates**
11.00am - **Chair Yoga**
6.00pm - **Spin**
7.00pm - **Circuits**

TUESDAY

6.00am - **Spin**
9.00am - **WoD**
6.00pm - Men's Pilates
7.15pm - **Spin**

WEDNESDAY

9.15am - **Vinyana Yoga**
9.30 - **Spin**
11.00am - **Men's Fitness 50+**
6.00pm - **HITT & Core**
7.15pm - **Spin**

THURSDAY

9.00am - **WoD**
9.30am - **Mammy & Me**
4.00pm - **Teen Gym**
6.00pm - **Strength & Conditioning**

FRIDAY

9.15am - **Pilates**
6.15pm - **Spin**

SATURDAY

9.00am - **Circuits**

SUNDAY

10.00am - **Mindful Yoga**

PRICING

Black - Included in Premium
Red - Pay the Trainer
Green - Pay on Glofox/reception

All classes are available to Members & Non - Members
Book via Glofox or email gym208@glenariffecrc.org