


09:52 AM



HomeClassesGalleryContact Us

Times	Monday
6:30 AM - 7:30 AM	Spin
7:00 AM - 8:00 AM	
7:30 AM - 8:30 AM	
1:00 PM - 2:00 PM	B Bitz
5:00 PM - 6:00 PM	Boxercise
6:00 PM - 7:00 PM	HIIT
7:00 PM - 8:00 PM	Circuits

Times	Tuesday
6:30 AM - 7:30 AM	
7:00 AM - 8:00 AM	HIIT
7:30 AM - 8:30 AM	
1:00 PM - 2:00 PM	
5:00 PM - 6:00 PM	Kettlebells
6:00 PM - 7:00 PM	


Local Gym,
15 Main Street,
Limerick.

local-gym@hotmail.com

061-123456

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Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM - 7:30 AM	Spin		Spin		Spin		
7:00 AM - 8:00 AM		HIIT		HIIT			
7:30 AM - 8:30 AM			Circuits		Circuits		
1:00 PM - 2:00 PM	B Bitz		B Blitz				
5:00 PM - 6:00 PM	Boxercise	Kettlebells			B Blitz		
6:00 PM - 7:00 PM	HIIT		Tabata		Zumba		
7:00 PM - 8:00 PM	Circuits		Circuits				


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Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM - 7:30 AM	Spin		Spin		Spin		
7:00 AM - 8:00 AM		HIIT		HIIT			
7:30 AM - 8:30 AM			Circuits		Circuits		
1:00 PM - 2:00 PM	B Bitz		B Blitz				
5:00 PM - 6:00 PM	Boxercise	Kettlebells			B Blitz		
6:00 PM - 7:00 PM	HIIT		Tabata		Zumba		
7:00 PM - 8:00 PM	Circuits		Circuits				

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