**Heading1: Contact us**

**Heading2: Address**

Train4less Gym ltd

2018 Industrial Estate Jamestown Road Finglas, Ballymun, Dublin 11

**Heading2: Opening hours**

Monday – Friday 7:00 am. – 22:00 pm.  
Saturday 8:00 am. – 17:30 pm.  
Sunday Closed

**Heading3: email**

[train4less@gym.ie](mailto:train4less@gym.ie)

**Heading3: telephone**

 01 8888768