

BOOK VIA CLANNLIFEFITNESSASHBOURNE.COM



Cardio Fitness



Water Based Work-out



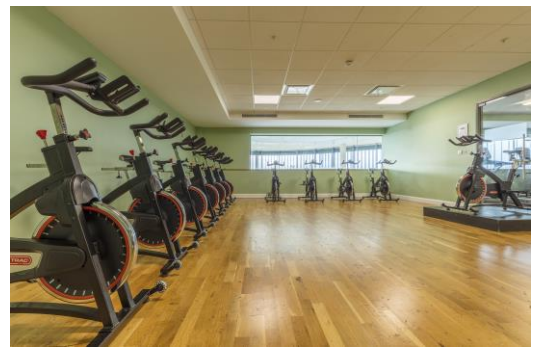
Core Strengthening



Flexibility & Core Strengthening























Strength Training



www.clannlifefitnessashbourne.com



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|---|---|
| AQUAFIT * 25Max 9:00AM - 9:45AM <u>Book Early</u>  | POWER SESH 9:45AM - 10:30AM  | AQUAFIT * 25Max 9:00AM - 9:45AM <u>Book Early</u>  | BOXERCISE 9:45AM - 10:30AM  | AQUAFIT * 25Max 9:00AM-9:45AM <u>Book Early</u>  | POWER SESH 9:45AM - 10:30AM  |
| CIRCUIT & SPIN 9:45AM – 10:30AM  | PURE SPIN 6:00PM – 6:45PM  | CIRCUIT & SPIN 9.45AM - 10:30AM  | SPIN & CIRCUITS 6:00PM – 6:45PM  | POWER SESH 9:45AM - 10:30AM  | <p>ALL CLASSES MUST BE BOOKED ONLINE DO NOT RING</p> <p>WHEN PILATES TEACHER IS OFF CLASS WILL NOT TAKE PLACE</p> <p>MIN OF 4 PEOPLE IN ORDER FOR A CLASS TO GO AHEAD</p> <p>CANCELLATION NOTICE OF ONE HOUR PRIOR TO CLASS IF YOU CANNOT ATTEND</p> |
| PILATES * 15 Max 10:30AM – 11:15AM  | BOXERCISE 7:00PM - 7:45PM  | PILATES * 15 Max 10:30AM - 11:15AM  | PILATES ***15 Max 7PM – 7:45PM  | PILATES ***15 Max 10:30AM – 11:15AM  | |
| 4x 15 6PM – 7PM  | <p>CLASSES WITH * ARE EXTREMELY BUSY & BOOK OUT QUICKLY. EARLY BOOKING IS ESSENTIAL TO GUARANTEE A SPOT</p> | SPIN & BURN 6:00PM – 6:45PM  | <p>OUR STUDIO CAN BE RENTED.</p> <p>IF INTERESTED PLEASE ASK FOR NIAMH'S EMAIL FROM THE RECEPTION TEAM</p> | <p>CLASSES MAY BE CANCELLED AT SHORT NOTICE SO PLEASE FIND US ON FACEBOOK FOR CONSTANT UPDATES & USE BOOKING LINK</p> | |
| AQUAFIT 7:30PM - 8:15PM  | | AQUAFIT 7:30PM – 8:15PM  | | | |