

Temporary Summer Fitness Timetable

Monday 30th July 2018 to Sunday 2nd September 2018 inclusive

Phoenix Aikido and Fitness Club

Tel. 024 76 714051

www.phoenix-aikido.com

www.facebook.com/Phoenixaikidoandfitness

Monday	Circuit	Barbara	6.45 – 7.45	All Levels
	Body Sculpt	Lisa	6.45 – 7.45	All Levels
Tuesday	Fitness Pilates	Lisa	5.45 – 6.45	All Levels
	Bums, Tums & Thighs	Barbara	6.45 – 7.45	All Levels
Wednesday	Zumba	Lisa	6 – 6.45	All Levels
	Boxercise	Lisa/ Barbara	7 – 8	All Levels
	Gently Does It *	Barbara	7 – 7.45	Beginners
Thursday	Step/Tone	Lisa	10 – 11	All Levels
	Bums Tums & Thighs	Natalie	6 – 6.45	All Levels
	Zumba	Natalie	6.45 – 7.45	All Levels
	Stretch, Strengthen & Relax*	Barbara	7 – 8	All Levels
Friday	Bums Tums & Thighs**	Julia	10 – 11	All Levels
	Step Aerobics	Lisa	6.15 – 7.15	Intermediate
Saturday	Body Sculpt	Lisa E	11 – 12	All Levels

*These two classes will be cancelled on Wednesday 1st August and Thursday 2nd August

Temporary timetable Extra Summer Specials:

Friday Family Fitness** – Friday 10 – 11 on 27th July, 10th August, 31st August

BrainFit Wednesday - 6.15 – 7 on 1st August

Zumba with the Family – Saturday 10 – 10.55 on 18th, 25th August