

St Marys Community Gym Timetable 2017 version 02082017

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am		Get Active circuit training - All Welcome 9.30 — 11.00am		Get Active circuit training - All Welcome 8-30am—10-00am		Get Active Boxercise - All Welcome 8-30am—9-30 am	
10am							
11am		Weight Management/ Beginners circuit 11.00 — 12.30pm		Fingal Fitness 11.00 am—1.00 pm			
12pm		Fitness Recovery 12.30 — 1.30pm					
1pm		Centre cleaning and maintenance 1.30pm—2.45pm					
2pm							
3pm							
4pm	Start 4:30pm Women's Core Strength Everyone welcome			Start 4:30pm Women's Core Strength Everyone welcome			
5pm							
6pm		Adult/Youth Boxercise		Adult/Youth Boxercise	Strength / Fitness Everyone welcome 5:30pm start		
7pm							