





OUTDOOR TIMETABLE

ENJOY A RANGE OF CLASSES MAKING THE MOST OF GYLLY BEACH,
ST MICHAELS GARDEN & THE HEALTHCLUBS OUTDOOR GYM

MONDAY

07:00	BEACH BOOTCAMP	KAT	 45MIN
08:30	IMMERSIVE BEACH YOGA	BEX	45MIN
09:00	STRENGTH&CON	LAUREN	 45MIN
11:15	IMMERSIVE BODY BALANCE	BEX	55MIN


TUESDAY

06:45	BEACH YOGA	RO	60MIN
09:00	STRENGTH&CON	MILLIE	60MIN
10:15	COMPOUND LIFT	GREG	60MIN
18:15	STRENGTH&CON	LAUREN	45MIN

WEDNESDAY

09:00	BEACH YOGA	BEX	45MIN
09:15	CARDIO CLUB	LAUREL	45MIN
11:15	STRENGTH&CON	GREG	60MIN
17:15	STRENGTH&CON	MILLIE	60MIN

THURSDAY

09:00	IMMERSIVE BODY BALANCE	BEX	 45MIN
09:15	STRENGTH&CON	LAUREN	60MIN
13:15	PILATES	JO	60MIN
18:15	COMPOUND LIFT	GREG	45MIN
19:15	STRENGTH&CON	GREG	60MIN

FRIDAY

07:00	RUN CLUB	LAUREL	45MIN
13:00	LADIES LIFT	LAUREL	45MIN

SATURDAY

07:00	BEACH YOGA	LUCIE	45MIN
16:30	STRENGTH&CON	GREG	60MIN

SUNDAY

08:00	BEACH BOOTCAMP	LAUREL	45MIN
09:30	LADIES LIFT	LAUREL	45MIN
10:30	CARDIO CLUB	LAUREL	45MIN
16:00	LADIESLIFT	JODIE	45MIN