



OUTDOOR TIMETABLE

ENJOY A RANGE OF CLASSES MAKING THE MOST OF GYLLY BEACH,
ST MICHAELS GARDEN & THE HEALTHCLUBS OUTDOOR GYM
FROM 29TH APRIL!!

MONDAY

07:00 BEACH BOOTCAMP GREG 45MIN
08:30 BEACH YOGA BEX 45MIN
10:15 BODY CONDITIONING GREG 45MIN
11:15 BODY BALANCE BEX 55MIN
12:15 COAST TO CARDIO STEVE 45MIN
17:15 CIRCUITS LAUREL 30MIN

WEDNESDAY

08:30 BEACH BOOTCAMP KAT 45MIN
09:00 BEACH YOGA BEX 45MIN
13:45 CORE KELLY 30MIN
14:20 STRETCH KELLY 30MIN
17:15 CIRCUITS MILLIE 45MIN

FRIDAY

07:00 RUN CLUB LAUREL 45MIN
10:15 CIRCUITS LAUREL 30MIN
13:00 LADIES LIFT LAUREL 45MIN

TUESDAY

07:00 BEACH BOOTCAMP KAT 45MIN
09:00 STRENGTH&CON MILLIE 45MIN
11:30 STRENGTH&CON MILLIE 45MIN
14:30 CIRCUITS GREG 30MIN

THURSDAY

09:15 STRENGTH&CON LAUREN 45MIN
13:15 PILATES JO 60MIN
14:15 CIRCUITS GREG 30MIN
19:15 STRENGTH&CON GREG 60MIN

SATURDAY

07:00 BEACH YOGA LUCIE 45MIN
15:00 CIRCUITS TEAM 60MIN
16:00 COMPOUND LIFT TEAM 60MIN

SUNDAY

08:30 BOOTCAMP TEAM 45MIN
09:30 CIRCUITS TEAM 30MIN
15:00 LADIESLIFT(BEG) TEAM 45MIN
16:00 LADIESLIFT(ADV) TEAM 45MIN

FINGERS CROSSED FOR A LOVELY SUMMER BUT IF THE RAIN
CLOUDS APPEAR THERE WILL BE INDOOR SPACE FOR THE MOST
OF THE CLASSES TO RUN

StMICHAELS
HEALTH
CLUB