

JULY & AUGUST 2018

CARNBEG LEISURE CLUB

CLASS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11AM		EASY MOVERS	SPIN	STRETCH N TONE			
7PM	HIIT		SPIN		CIRCUIT TRAINING		

- **Monday = HIIT (high intensity training)** which is aimed to work the whole body in a timed structure, best suited to members with higher fitness levels
- **Tuesday = *Easy Movers**, best suited for our more senior members to enjoy without any pressure!
- **Wednesday = Spin Classes** x 2 in our Spinning Studio
- **Thursday = Stretch n Tone** - same as above *Easy Movers
- **Friday = Circuit Training**, a mixture of easy/hard exercise designed in a 30min circuit which varies each week