

LABFITNESS

Starts
Monday 13th
July 2020

www.labfitness.com

087 6314752



TIME CLASS LENGTH

MONDAY

5.30 pm	HOT YOGA	60 min
6.45 pm	HOT YOGA	60 min
8.00 pm	HOT YOGA	60 min

TUESDAY

5.30 pm	SPINNING	30 min
6.15 pm	SKINNY JEANS	60 min
7.30 pm	HOT YOGA- beginners	60 min

WEDNESDAY

3.30 pm	Kids Gymnastics	60 min	Starts Sept
5.30 pm	SPINNING	30 min	
6.10 pm	STEP	50 min	
7.00 pm	REBOUNDING	30 min	
7.30 pm	HIIT	30 min	

SATURDAY

8.00 am	HOT YOGA	60 min	
9.30 am	INSTRUCTOR'S CHOICE	45 min	
10.30 am	Kids Gymnastics	60 min	Starts Sept
11:30 am	Kids Gymnastics	60 min	Starts Sept

- Classes available pay as you go or as part of a 30 day class pass
- Pay as you go fitness (30 min) €8, fitness (45-60 min) €10, Hot yoga €12.
- Monthly pass: 8 class pass fitness €60, 8 class pass fitness+hot €70, unlimited €99.
- Passes are non refundable or transferable and cannot be used after expiry date.

Unit 15a Boyne Business Park, Drogheda

