



KNOCKNACARRA CLASS SCHEDULE : JANUARY 2019



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

7am-7.45am


LEAN & FIT 

SPIN/ KB / CORE 


H.I.I.T 

10am-11am


CARDIO K-BELLS 

9.30-10.30 ZUMBA 

BOXFIT / KETTLEBELL 


9.30-10.30 CARDIO PUMP 

30/20/10 

10-10.45am SPIN 

11.15-12.15pm

AQUA 


10.30-11.30 PILATES ALL 

AQUA 


10.30-11.30 PILATES ALL 


AQUA 

12.00-12:45 X-FIT MIXED 

12:00-1:00 20/20/20 

1-1.45pm / 5-6pm (Teen)

5-6PM GIRLS TEEN X-FIT 

1:00-1:45 PILATES ADVANCED 


5pm-5.30pm

PUMP 

ABTASTIC 

CORE & GLUTES 

METAFIT 

5.15-6PM BOX FIT 

5.30pm-6pm

H.I.I.T 

KETTLE-BELLS 

TABATA 

POWER PUMP 

6pm-7pm

ZUMBA 

30/20/10 


STEP 

6pm-6.45pm

POWER SPIN 

PILATES INTERMEDIATE 

POWER SPIN 

CIRCUITS TRX 


DISCO SPIN 

7pm-8pm


X-FIT 

ZUMBA 

BARRE N TONE 

7-7.45PM SPIN 


7pm-8pm

PILATES ALL LEVELS 

X-FIT 

X-FIT 


8pm-8.45pm

8-8.30pm SPIN 

PILATES ALL LEVELS 

PILATES BEGINNER 

X-FIT 

PILATES ALL LEVELS 



CARDIO



CORE & STRETCH



SPIN



STRENGTH



HIGH INTENSITY



SCULPT & TONE