

THE ALLYWAY

Timetable October 2024

| AM | 6.30 | 8.00 | 9.00 | 10.00 |
|-------------|------------------------|-------------------------|----------------|------------------------|
| MON | FUNCT. STRENGTH | | | PILATES |
| TUE | FUNCT. FITNESS | | | FUNCT. FITNESS |
| WED | PILATES | | | FUNCT. STRENGTH |
| THUR | FUNCT. STRENGTH | | | FUNCT. FITNESS |
| FRI | FUNCT. FITNESS | | | PILATES |
| SAT | | KETTLE/ BARBELLS | PILATES | FUNCT. STRENGTH |

| PM | 5.00 | 6.00 | 7.00 | 8.00 |
|-------------|------------------------|------------------------|-------------------------|-------------------------|
| MON | | FUNCT. STRENGTH | KETTLE/ BARBELLS | |
| TUE | FUNCT. STRENGTH | PILATES | FUNCT. STRENGTH | KETTLE/ BARBELLS |
| WED | | PILATES | | |
| THUR | FUNCT. STRENGTH | PILATES | FUNCT. STRENGTH | KETTLE/ BARBELLS |
| FRI | FUNCT. FITNESS | | | |

**Please book ahead as spaces are limited.
Unit 2 Millbrook, Naas Co. Kildare.**