

# THE ALLYWAY

## Timetable Summer 2024

<b>AM</b>	<b>6.30</b>	<b>9.00</b>	<b>10.00</b>
<b>MON</b>	<b>FUNCT. STRENGTH</b>		<b>PILATES</b>
<b>TUE</b>	<b>FUNCT. FITNESS</b>		<b>FUNCT. FITNESS</b>
<b>WED</b>	<b>PILATES</b>		<b>FUNCT. STRENGTH</b>
<b>THUR</b>	<b>FUNCT. STRENGTH</b>		<b>FUNCT. FITNESS</b>
<b>FRI</b>	<b>FUNCT. FITNESS</b>		<b>PILATES</b>
<b>SAT</b>		<b>PILATES</b>	<b>FUNCT. STRENGTH</b>

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<b>PM</b>	<b>5.00</b>	<b>6.00</b>	<b>7.00</b>
<b>MON</b>		<b>FUNCT. STRENGTH</b>	
<b>TUE</b>	<b>FUNCT. STRENGTH</b>	<b>PILATES</b>	<b>FUNCT. STRENGTH</b>
<b>WED</b>		<b>PILATES</b>	
<b>THUR</b>	<b>FUNCT. STRENGTH</b>	<b>PILATES</b>	<b>FUNCT. STRENGTH</b>
<b>FRI</b>	<b>FUNCT. FITNESS</b>		

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