<table>
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<th>MON</th>
<th>TUE</th>
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<td>EXPRESS/STUDIO/HIIT CYCLE</td>
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<td>This class is a great cardiovascular workout. Pedal through hill climbs, sprints and intervals.</td>
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BOXXFIT
High intensity boxing class focusing on foot work and pad work combinations.

YOGALATES
Harmonizing yoga and Pilates, this energetic partnership of spiritual and physical exercise techniques revitalize the mind and body.

MULTIFIT
Multifit is designed to provide an excellent functional full-body workout while improving stamina and increasing metabolic rate.

POWER PUMP
Practicing power pump, the body begins to function at it’s peak, stamina rises, strength improves and body confidence hits an all-time high.

WEIGHTS & ABS
A full body resistance workout using weights to challenge all the major muscle groups with plenty of focus on the abdominal area too.

MYZONE CYCLE
MYZONE heart rate tracking has arrived take your training to the next level. Use your MyZone heart rate monitor to measure your heart rate and track your calories burned throughout the class. Get fitter faster!

ZUMBA
Through both high and low intensity movements, you’ll be dancing your way through this calorie burner Zumba class!

CORE STRENGTH
Work your abs, back, butt and obliques to build a strong core.

STUDIO STRENGTH GAL
This class will challenge all the major glute muscles and condition your lower body, it will also focus on the core and abs region to ensure a tight abdominal wall.

STUDIO STRENGTH UPPER BODY
A 30 minute workout focusing on strengthening and toning all aspects of the upper body while targeting the core area too. The perfect class to combine with Studio Strength GAL on Monday.

FITNESS CLASSES
- TRINITY LINE | WEIGHT CONTROL
- TRINITY TONE | INTENSITY
- TRINITY BALANCE | RELAX
- TRINITY RHYTHM | CHOREOGRAPHY

COURSES
- TRINITY WELLNESS COURSES
  - ALL WELLNESS COURSES
  - 6 WEEKS
  - LONG
  - PRICES:
    - MEMBER €49 / NON-MEMBER €69