

SCHEDULE

CAMDEN QUAY 2022

ONE LIFE FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	€ SPPT - SANTI 7:00AM	CLASS - RIDE BOX 7:00AM	€ SPPT - SANTI 7:00AM	CLASS - CIRCUIT 7:00AM	CLASS - BOX LIFT 7:00AM		
	GYM PROGRAMME 7:00AM		GYM PROGRAMME 7:00AM				
	GYM PROGRAMME 8:00AM	GYM PROGRAMME 8:00AM	GYM PROGRAMME 8:00AM	GYM PROGRAMME 8:00AM	GYM PROGRAMME 8:00AM		
	GYM PROGRAMME 9:00AM	GYM PROGRAMME 9:00AM	GYM PROGRAMME 9:00AM	GYM PROGRAMME 9:00AM	GYM PROGRAMME 9:00AM		
	GYM PROGRAMME 10:00AM	€ SPPT - COMING SOON 10:00AM	GYM PROGRAMME 10:00AM	€ SPPT - COMING SOON 10:00AM	GYM PROGRAMME 10:00AM		
	CLASS - RIDE BOX 10:00AM	GYM PROGRAMME 10:00AM	CLASS - BOOTY BLAST 10:00AM	GYM PROGRAMME 10:00AM			
GYM PROGRAMME 11:00AM	GYM PROGRAMME 11:00AM	GYM PROGRAMME 11:00AM	GYM PROGRAMME 11:00AM	GYM PROGRAMME 11:00AM	CLASS - BOX LIFT 11:00AM	CLASS - CIRCUIT 11:00AM	
AFTERNOON						CLASS - RIDE BOX 12:00PM	GYM PROGRAMME 12:00PM
	CLASS - RIDE BOX 1:15PM	CLASS - CIRCUIT 1:15PM	CLASS - BOOTY BLAST 1:15PM	CLASS - BOX LIFT 1:15PM	CLASS - RIDE BOX 1:15PM	GYM PROGRAMME 1:00PM	GYM PROGRAMME 1:00 PM
						GYM PROGRAMME 2:00PM	GYM PROGRAMME 2:00PM
						GYM PROGRAMME 4:00PM	GYM PROGRAMME 4:00PM
EVENING	GYM PROGRAMME 5:00PM	GYM PROGRAMME 5:00PM	GYM PROGRAMME 5:00PM	GYM PROGRAMME 5:00PM	GYM PROGRAMME 5:00PM	GYM PROGRAMME 5:00PM	
		€ SPPT - WOMENS ONLY 6:30PM		€ SPPT - WOMENS ONLY 6:30PM	CLASS - CIRCUIT 6:00PM	Classes Ride Box Boxing mixed with pushing yourself on our spin bikes, great to get your sweat on. Box Pump Our boxing mixed with barbell training, great for toning and defining the upper body muscles. Booty Blast Our workout designed to help shape and tone the glutes & core, a mixture of strength & mobility exercises, suitable for all levels. Functional Circuit Jump, punch and kick your way to a high intensity circuit, designed to work on all aspects or your fitness.	
	CLASS - RIDE BOX 7:00PM	GYM PROGRAMME 7:00PM	CLASS -BOOTY BLAST 7:00PM	GYM PROGRAMME 7:00PM			
	CLASS -BOOTY BLAST 8:00PM	CLASS - BOX LIFT 8:00PM	CLASS - RIDE BOX 8:00PM	CLASS - BOX LIFT 8:00PM			

Gym Programme is a personal programme detailing a range of exercises focusing on time and how each exercise should be performed each week

SPPT is a more affordable version of Personal Training in a small group, offering you 2 x 1 hour sessions per week, nutrition plan, workout plan and Whatsapp support.