

From 24th March 2025

GROUP FITNESS CLASS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 (45min)	Kettle-X Fusion 	TRX 	Cardio Evolution 	Spin & Core 	Kettlebells 	WEEKEND CLASSES 10:30 - 11:15 (45min)	
12:30 (30min)	Better Body Pump 	Circuit Training 	legs bums and tums class LBT	Kettle-X Fusion 	Strength Conditioning 	Spin & Core 	Bars & Bells 
17:30 (30min)	Spinning 	Kettlebells 	Spinning 	Strength Conditioning 	5:30pm - 45min Spin & Core 	BETTER BODY DUBLIN'S ELITE GYM Opening Hours: Monday to Thursday 6:15 - 22:00 Friday 6:15 - 21:00 Saturday 9:00 - 15:00 Sunday 9:00 - 13:00 ☎ 01 811 7499 ☎ 085 215 3456 @ betterbodyfitnessdublin ✉ info@betterbody.ie	
18:10 (30min)	Better Body Pump 	Spinning 	Better Body Pump 	Spinning 			
18:50 (30min)	Cardio Evolution 	Strength Conditioning 	Intense Core 	Kettlebells 			
19:30 (30min)	Kettle-X Fusion 	YOGA 45min 	Box Fit 45min 	YOGA 45min 			
20:10 (30min)	Intense Core 						