































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  6:30pm - 30min Circuit Training  | <div>BETTER BODY</div> <div>DUBLIN'S ELITE GYM</div> <div> Opening Hours: Monday to Thursday 6:15 - 22:00 Friday 6:15 - 21:00 Saturday 9:00 - 15:00 Sunday 9:00 - 13:00 </div> <div> ☎ 01 811 7499 ☎ 085 215 3456 @ betterbodyfitnessdublin ✉ info@betterbody.ie </div> | |
| 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  | | | | | | |