

Duke Gym Class Schedule August 2021

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING							
Boxing Gym	9.am	Beginners boxing	Beginners boxing	Beginners boxing	Beginners boxing	Beginners boxing	
Spin Room	9.30am						
Class Room		POWERWAVE	TABATA	POWERWAVE	TABATA	POWERWAVE	
Boxing Gym							
Boxing Gym							
Boxing Gym	10:00 am	Boxing Adasat	Boxing Adasat	Boxing Adasat	Boxing Adasat	Boxing Adasat	
Spin Room	10:30 am	Spin	Spin	Spin	Spin	Spin	
Class Room		PILATES				PILATES	
Boxing Gym							
Spin Room	11:30 am						
Class Room							
Boxing Gym	11.30am						Boxing/Kickboxing
Boxing Gym							MMA Adults €
Class Room	12.00 pm					Contemporary Dance	
AFTERNOON							
Class Room	4:00 pm						Acrobatic Dance Adult
Spin Room	6:00 pm	Spin	Spin	Spin	Spin		
Class Room		TABATA	POWERWAVE		PILATES		
Boxing Gym							
Spin Room	7:00 pm						
Class Room							
Boxing Gym		Boxing/Kickboxing	Boxing/Kickboxing	Boxing/Kickboxing	Boxing/Kickboxing	Boxing/Kickboxing	
Boxing Gym	7.30pm		MMA Adults €		MMA Adults €		
Class Room	8.30 pm	Heels €		Heels €			

* For external classes there is an additional charge of €5 per class

*** MMA adults there is an additional charge of 25€ per month