

Duke Gym Class Schedule 2022

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING							
Boxing Gym	9.am	Beginners boxing	Beginners boxing	Beginners boxing	Beginners boxing	Beginners boxing	
Spin Room							
Class Room	9.30am	GAP	PUMP	GAP	PUMP		
Boxing Gym							
Boxing Gym							
Boxing Gym	10:00 am	MASTERS BOXING		MASTERS BOXING		MASTERS BOXING	
Boxing Gym							
Spin Room		Spin	Spin	Spin	Spin	Spin	
Class Room	10:30 am						€ FUSION DANCE €
Boxing Gym							
Spin Room							
Class Room	11:30 am			PILATES			
Boxing Gym							
Boxing Gym	11.30am						MMA Adults €
Class Room	12.00 pm					Contemporary Dance	
AFTERNOON							
Class Room	4:00 pm						ACROBATIC DANCE
Spin Room		Spin	Spin	Spin	Spin	Spin	
Class Room	6:00 pm	PUMP		PUMP			
Boxing Gym							
Spin Room							
Class Room	7:00 pm		PILATES				
Boxing Gym		Boxing	Boxing	Boxing	Boxing	Boxing	
Boxing Gym	7.30pm		MMA Adults €		MMA Adults €		
	8.00pm						
Class Room	8.00pm				€ FUSION DANCE €		

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

*** MMA adults there is an additional charge extra per month ***