







The Lions' Den Mallow *Studio Timetable*

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:00	-	Bootcamp	Circuits	Bootcamp	Power Hour	-
09:30	Legs, Bums & Tums	Muay Thai  <i>(€10.00 extra)</i>	HIIT	 BOX FIT  <i>with James</i>	Legs, Bums & Tums	Bootcamp <i>with Michael</i>
13:15	HIIT	-	Core Conditioning	-	Circuits	-
18:30	Group Cycling <i>with James</i>	Brutal Barbells <i>with Michael</i>	Functional Fitness	Group Cycling <i>with James</i>	-	-
19:30	Pilates <i>with Teresa</i>	ZUMBA™  <i>with Teresa</i>	-	-	-	-
 THAI BOXING 	-	MIXED CLASS 09:30 - 11:00	-	-	MIXED CLASS 16:00 - 17:30	WOMEN'S ONLY 09:00 - 10:30 MIXED CLASS 11:00 - 13:00

This timetable is effective from Monday 12th February 2024 until further notice.

** Thai Boxing is an additional €10.00 and not available for booking via the app.**

Classes are booked by logging in to the FitSense App and booking up to 7 days in advance.