








Timetable valid from 9/1/2012

OZONE HEALTH & FITNESS

065 6842 607

www.Ozonegym.com

| TIME: | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|---|---|---|--|--|----------|
| 10 am | | | | | | |
| 5.30 pm | SPINNING | | SPINNING | | SPINNING | |
| 6:00 pm | | | | AB ATTACK* | | |
| 6:30 PM | SIGN IN PROGRAM: BODY TRANSFORMATION Starts 7 th November | ULTIMATE Bums Tums & Thighs*  | SIGN IN PROGRAM: BODY TRANSFORMATION | NAKED WARRIOR* | SIGN IN PROGRAM: BODY TRANSFORMATION | |
| 7:30 PM | ZUMBA®  | H.I.T.T.* High Intensity Interval Training | ZUMBA®  |  Starts: Nov24 Book to Secure. Limited Places. 065 6823569 | ZUMBA® NEWBIE&TONE  | |
| 8:30 PM | F.B.I. FITNESS BOXING IRELAND | | F.B.I. FITNESS BOXING IRELAND | Ennis Triathlon Club (PRIVATE CLASS) | | |

*Ozone Instructor Classes

NEW LADIES ONLY GYM!!!Upstairs
- YOUR SPACE.YOUR WORKOUT.YOUR GYM