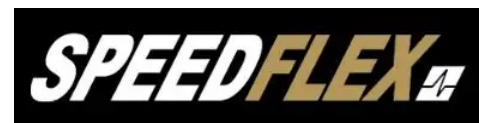


Speed Flex Cork Schedule Summer 2022

Available from 06/06/2022



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.30 am	Classic 45	Classic 45	Classic 45		Classic 45		
7.00 am				PureFlex 30			
8.00am					SpeedFlex Taster		
9.30am			Classic 30		PureFlex 30		
11.00am						SpeedFlex Taster	SpeedFlex Taster
12:00pm	SpeedFlex Taster	SpeedFlex Taster				Classic 45	Classic 45
1.15pm	Classic 30	PureFlex 30	Classic 30	Classic 30	PureFlex 30		
4.00pm			Classic 45				
6.00pm			PureFlex 30		Classic 45		
7:00pm	PureFlex 30	Classic 45	SpeedFlex Taster	Classic 45			
8:00pm	SpeedFlex Taster	Classic 30					



SpeedFlex class information

- €10 per class for Member or Non Member
- €50 for Unlimited Classes for 5 Weeks –Members Only, Not Available for Non Members
- €20 for MyZone Chest Strap – Includes 1 Complimentary Speedflex Class
- New To Speedflex – Book in for a Complimentary Taster Session/ Induction

Class Bookings can be only made over the phone in advance of a class. Please phone the Health Club on 021 480 0523 to book or for more information