

FIXED CLASSES

PLAN YOUR CLASSES WITH THE WEEKLY TIMETABLE

MONDAY

06.30 TRX SUSPENSION TRAINING x60min
09.00 TRX x60min 10 week programme
12.00 RIP TRAINER x30min
19.30 TRX SUSPENSION TRAINING x60min

TUESDAY

14.00 TRX GOLD x60min
16.30 TRX GOLF KIDS x60min 8 week programme
19.00 TRX GOLF x60min

WEDNESDAY

13.00 TRX MODALITY x60min
16.00 TRX SUSPENSION TRAINING KIDS x60min
19.45 TRX SUSPENSION TRAINING x60min

THURSDAY

09.30 TRX SUSPENSION TRAINING x60min
10.45 TRX MODALITY x60min
18.00 TRX MODALITY x60min

FRIDAY

09.15 TRX SUSPENSION TRAINING x60min
10.30 RIP TRAINER x30min
17.00 TRX MODALITY KIDS x60min

SATURDAY

07.30 TRX SUSPENSION TRAINING x60min

Class capacity up to 6 persons. Timetable subject to change. Updated 17.07.2019.

See Class details online at n21michelle.fitness/classes

See full Terms & Conditions online at n21michelle.fitness/terms-conditions

PRIVATE SESSIONS AVAILABLE

