

# SPEEDFLEX CORK SCHEDULE 2023



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.15AM	CLASSIC 45	CLASSIC 45	CLASSIC 45		CLASSIC 45		
7.00AM							
8.00AM							
9.30AM		PUREFLEX 30			PUREFLEX 30		
12.00AM						CLASSIC 45	CLASSIC 45
1.00PM			PUREFLEX 30				
1.15PM	CLASSIC 30	X FLEX 30		CLASSIC 30	X FLEX 30		
4.00PM			CLASSIC 45				
6.00PM					CLASSIC 45		
7.00PM		CLASSIC 45		CLASSIC 45			
7.45PM	X FLEX 45		CLASSIC 45				



## **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 call the **Health Club** on **021 480 0523** to book or for more information

**SPEEDFLEX**

