



# FFG CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:20am Body Toning with Lisa	10.30am Adults Ballet 10.30am	6:20am Body Toning with Lisa	AVAILABLE TO RENT OUT	6:20am Body Toning with Lisa	9.30am Childrens Ballet 4-7 Years old
11am Physio-led BYOB Postnatal Pilates <b>PHYSIO LED</b>	Rinka 15:55 - 16:40 3 - 5 Years old	AVAILABLE TO RENT OUT	AVAILABLE TO RENT OUT	AVAILABLE TO RENT OUT	10.30am Childrens Ballet 8 - 12 Years old
<b>PILATES</b> 6pm Physio-led Pregnancy Pilates <b>BACK IN</b>	Rinka 16:45 - 17:35 6+ Years old	AVAILABLE TO RENT OUT	5:45pm Vinyasa Yoga	AVAILABLE TO RENT OUT	AVAILABLE TO RENT OUT
<b>SEPTEMBER</b> 7pm Physio-led pregnancy pilates level 2	7pm Body Toning with Lisa	AVAILABLE TO RENT OUT	7pm Body Toning with Lisa	7.30pm Brazillian Jiu Jitsu with Ryan	AVAILABLE TO RENT OUT
AVAILABLE TO RENT OUT	AVAILABLE TO RENT OUT	8.15pm Brazillian Jiu Jitsu with Ryan	8.15pm Physio-led Intermediate pilates	AVAILABLE TO RENT OUT	AVAILABLE TO RENT OUT

**CLASSES ARE 60 MINUTES LONG. BOOKINGS MUST BE MADE WITH THE APPROPRIATE CLASS TUTOR PRIOR TO THE CLASS**

**Body Toning**  
[Fit Forever Gym](#)  
049 436 2392

**Children Classes**  
[Rinka Fitness](#)  
bookings@rinka.ie

**Vinyasa Yoga**  
[Instagram](#)  
le\_gra\_yoga

**Brazillian Jiu Jitsu**  
Ryan  
0831657602

**Pilates**  
[Instagram](#)  
pilatesphysiocavan

**Ballet**  
[Instagram](#)  
0838856150