



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>07:00</u> Gym Open	<u>07:00</u> Gym Open	<u>07:00</u> Gym Open	<u>07:00</u> Gym Open	<u>07:00</u> Gym Open	<u>10:30</u> Open Gym
<u>09:30</u> Boxercise		<u>09:30</u> TRX		<u>09:30</u> TRX/ Kettlebells	<u>11:00</u> X-Fit
<u>18:00</u> Advanced ViPR	<u>18:15</u> Kettlebell Conditioning	<u>18:15</u> ViPR Beginners	<u>18:15</u> Combat Conditioning	<u>17:00</u> Sparring	
<u>18:30</u> Boxing/ X-Fit	<u>19:00</u> Thai Boxing	<u>19:00</u> Boxing	<u>19:00</u> Thai Boxing	<u>18:15</u> TRX/ Kettlebells	<u>14:00</u> Little Warriors 4–8 years
<u>20:00</u> Kettlebells	<u>20:15</u> Open Mat/ Sparring	<u>20:00</u> Core Circuit	<u>20:15</u> Open Mat/ Sparring		<u>15:15</u> Little Warriors 8–12 years

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[www.trainstationgym.com](http://www.trainstationgym.com)

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