













TIMETABLE-DELAMERE OUTDOOR FITNESS



Monday	Tuesday	Wednesday	Thursday	Friday	Workshops / Events
	Trigger Point Pilates 8.00-9.00am (1-2) Claire 			Dynamic Kettlebells am 9.10-10.10 (2) Jo  	
	Fitmamas Outdoors 10.30-11.30am (1-2) Hal 			Pilates 10.15-11.15 am (1-2) Carol 	
		Pilates for Runners (2) Claire 6.30-7.30pm 	Vinyasa Flow Yoga (1/2) Leena 6.30pm 		
Dynamic Kettlebells (2) Jo 6.30-7.30pm. 		DOF HITT Boot Camp(2-3) 7.00-8.00pm Chris 			
Run Coaching (2) Jo 7.30-8.30pm 	Hardcore X Challenge 7.30-8.30pm (3) (spaces limited to 9 people so pre book each week) 	Fit & Flabulous (1-2) 7.30-8.30pm Lynda 			

Starts

Monday 25 th February 2019



PAYG



Pre Bookable Course/class



Bring babies

1= Beginner Intensity

2= Intermediate Intensity

3= Advanced Intensity

** NEW Class

* New Time