

# Matchbox Class Timetable

All Matchbox Classes are free to all active members.  
Pay as you go is €10. Book online or download our app!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Matchbox Spin</b> 06:15am - 07:00am	<b>Matchbox Pump</b> 06:15am - 07:00am	<b>Matchbox HIIT</b> 06:15am - 07:00am	<b>MatchFit</b> 06:15am - 07:00am	<b>Matchbox Spin</b> 06:15am - 07:00am	
<b>Matchbox HIIT</b> 09:30am - 10:15am	<b>Strength &amp; Power</b> 09:30am - 10:15am		<b>Strength &amp; Power</b> 09:30am - 10:15am	<b>Glute Lab</b> 09:30am - 10:15am	<b>Crossfit Weekend Fun</b> 09:30am - 10:15am
<b>Core &amp; Mobility</b> 13:00pm - 13:45pm	<b>Spin Tuesday</b> 13:00pm - 13:45pm	<b>Matchbox Pump</b> 13:00pm - 13:45pm			
<b>Bar Pump</b> 17:30pm - 18:15pm	<b>Tabata</b> 17:30pm - 18:15pm	<b>Matchbox Spin</b> 18:30pm - 19:15pm	<b>Tabata</b> 17:30pm - 18:15pm	<b>Tabata</b> 17:30pm - 18:15pm	
<b>Glute Lab</b> 18:30pm - 19:15pm	<b>MatchFit</b> 19:00pm - 19:45pm	<b>Matchbox Boxcercise</b> 19:30pm - 20:30pm	<b>Matchbox HIIT</b> 19:00pm - 19:45pm		