

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
Matchbox Spin 06:15am - 07:00am	Matchbox Pump 06:15am - 07:00am	Matchbox HIIT 06:15am - 07:00am	MatchFit 06:15am - 07:00am	Matchbox Spin 06:15am - 07:00am	Matchbox Spin 08:15am - 09:00am
Matchbox HIIT 09:30am - 10:15am	Strength & Power 09:30am - 10:15am		Strength & Power 09:30am - 10:15am	Glute Lab 09:30am - 10:15am	Crossfit Weekend Fun 09:30am - 10:15am
Core & Mobility 13:00pm - 13:45pm	Spin Tuesday 13:00pm - 13:45pm	Matchbox Pump 13:00pm - 13:45pm			
Bar Pump 17:30pm - 18:15pm	Tabata 17:30pm - 18:15pm	Matchbox Spin 18:30pm - 19:15pm	Tabata 17:30pm - 18:15pm	Tabata 17:30pm - 18:15pm	
Glute Lab 18:30pm - 19:15pm	MatchFit 19:00pm - 19:45pm	Matchbox Boxcercise 19:30pm - 20:30pm	Matchbox HIIT 19:00pm - 19:45pm		