

# Matchbox Class Timetable

All Matchbox Classes are free to all active members. Pilates is €10 for members and €15 for non members. All other classes are €10 for non members. Download Matchbox app to book in.

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 Spin</b> 08:15am - 09:00am
<b>Matchbox HIIT</b> 09:30am - 10:15am	<b>Strength &amp; Power</b> 09:30am - 10:15am	<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>Crossfit Weekend Fun</b> 09:30am - 10:30am
<b>Pilates (Joana)</b>  09:30am - 10:30am	<b>Pilates (Joana)</b>  09:30am - 10:30am		<b>Pilates (Joana)</b>  09:30am - 10:30am		
<b>Pilates (Joana)</b>  13:30pm - 14:30pm	<b>Pilates (Natalia)</b>  13:30pm - 14:30pm	<b>Pilates (Natalia)</b>  13:30pm - 14:30pm	<b>Pilates (Natalia)</b>  13:30pm - 14:30pm	<b>Pilates (Natalia)</b>  13:30pm - 14:30pm	
<b>Bar Pump</b> 17:30pm - 18:15pm	<b>Tabata</b> 17:30pm - 18:00pm	<b>Matchbox Boxercise</b> 17:30pm - 18:15pm	<b>Tabata</b> 18:00pm - 18:30pm	<b>Tabata</b> 18:00pm - 18:30pm	
<b>Glute Lab</b> 18:30pm - 19:15pm	<b>MatchFit</b> 18:30pm - 19:15pm	<b>Matchbox Spin</b> 18:30pm - 19:15pm			
<b>Vinyasa Flow (Katherine)</b>  18:30pm - 19:30pm	<b>Vinyasa Flow (Katherine)</b>  18:30pm - 19:30pm		<b>Vinyasa Flow (Katherine)</b>  19:00pm - 20:00pm	<b>Vinyasa Flow (Katherine)</b>  18:30pm - 19:30pm	