

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

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