



Gym Timetable

Timetable Correct as of September 2016

Time	6.45am	10am	12pm	4 pm	5 pm	6 pm	7 pm	8 pm
Monday		S&C			S&C	S&C	S&C	Kettlebell Conditioning
Tuesday			Kettlebell	S&C		S&C	Beginners Kettlebell	S&C
Wed	S&C	Condit			Condit	Rotational strength	Kilmallock seniors	Kettlebell Conditioning
Thurs				S&C	Mobility	S&C	S&C	S&C
Friday	BCORE S&C	S&C						
Satur		Open gym						

*Body fats – before VOMIT once a month

*VOMIT – 1st Saturday every month

*In-House Seminar – Every 3rd Saturday

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