

MONDAY

SPIN
10-11am
Studio 2

IRONMAN
6-7pm
Studio 2

BODY COMBAT
6-7pm
Studio 1

ABS
7-7.30pm
Studio 2

KETTLEBELLS
7-7.45pm
Studio 1

YOGA
7.30-8.30pm
Studio 2

**BRAZILIAN
JIU JITSU**
8-9.30pm
Studio 1
(additional fee)

TUESDAY

SPIN
6.30-7.30am
Studio 2

**HIGH INTENSITY
CIRCUIT**
10-11am
Studio 1

YOGA
11-11.45am
Studio 2

BODY PUMP
6-7pm
Studio 1

SPIN
6-7pm
Studio 2

TRX
7-7.30pm
Studio 1

DANCEFIT
7-7.45pm
Studio 2

BOXFIT
7.30-8.15pm
Boxing Area

**PAISLEY
BARBELL CLUB**
8-9.30 pm
Studio 1
(additional fee)

WEDNESDAY

BOOTCAMP
6.30-7.30am
Studio 1

HIIT
10-10.30am
Studio 1

ABS
10.30-11am
Studio 1

SHREDDER
6-7pm
Studio 1

AEROBICS
6.15-7pm
Studio 2

**LEGS, BUMS
AND TUMS**
7-7.30pm
Studio 1

SPIN
7-7.45pm
Studio 2

**BRAZILIAN
JIU JITSU**
8-9.30pm
Studio 1
(additional fee)

THURSDAY

PUMP
6.30-7.30am
Studio 1

SPIN
9.15-10am
Studio 2

**HIGH INTENSITY
CIRCUIT**
10-11am
Studio 1

SPIN
6-7pm
Studio 2

BODY COMBAT
6.15-7pm
Studio 1

BODY PUMP
7-7.45pm
Studio 1

**CARDIO
CHALLENGE**
7-8pm
Gym Floor

STRETCH
7-7.45pm
Studio 2

**PAISLEY
BARBELL CLUB**
8-9.30 pm
Studio 1
(additional fee)

FRIDAY

SPIN
6.30-7.30am
Studio 2

BODY COMBAT
9.30-10.15am
Studio 2

YOGA
10.15-11am
Studio 2

CIRCUIT
5.45-6.45pm
Studio 1

SATURDAY

BOOTCAMP
8.45-9.45am
Studio 1

BODY COMBAT
9.15-10am
Studio 2

BODY PUMP
10-10.45am
Studio 1

SPIN
10-11am
Studio 2

TRX
11-11.30am
Studio 1

BOXFIT
11.30-12.15pm
Boxing Area

**BRAZILIAN
JIU JITSU**
3-4.30pm
Studio 1
(additional fee)

SUNDAY

SPIN
10-11am
Studio 2

SHREDDER
11am-12pm
Studio 1

YOGA
12-1pm
Studio 2

CRECHE OPENING TIMES

Monday
9.30-11.30am

Tuesday
10-12pm

Wednesday
9.30-11.30am

Thursday
9.15-11.15am

Friday
9.30-11.30am

Saturday
10-12pm

0141 889 5027

 @ProLifeFitnessCentre

 @prolifefitnesscentrepaisley

www.prolifefitnesscentre.com

KEY **Studio 1** **Studio 2** **Boxing Area/Gym Floor**