



DUTCHYS FITNESS

**PERSONAL
TRAINING
&
FITNESS
CLASSES**

Tel: 086 154 7516

www.dutchysfitness.com

Corlurgan Business Park, Ballinagh Road, Cavan

**MONDAY
&
TUESDAY:**

6.00 – 6.45 am
7.00 – 7.45 am
9.30 – 10.15 am
10.30 – 11.15 am
4.00 – 4.45 pm
5.00 – 5.45 pm
6.00 – 6.45 pm
7.00 – 7.45 pm

WEDNESDAY:

9.30 – 10.15 am
10.30 – 11.15 am
4.00 – 4.45 pm
5.00 – 5.45 pm
6.00 – 6.45 pm
7.00 – 7.45 pm

THURSDAY

6.00 – 6.45 am
7.00 – 7.45 am
9.30 – 10.15 am
10.30 – 11.15 am
4.00 – 4.45 pm
5.00 – 5.45 pm
6.00 – 6.45 pm
7.00 – 7.45 pm

FRIDAY:

6.00 – 6.45 am
7.00 – 7.45 am
9.30 – 10.15 am
10.30 – 11.15 am
4.00 – 4.45 pm
5.00 – 5.45 pm
6.00 – 6.45 pm

SATURDAY:

9.30 – 10.15 am
10.30 – 11.15 am



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12 Week Get Lean Project

Small Group Personal Training of 6–8 people per group

More structured training for even better results

MONDAY	6.00 – 7.00 am
&	7.00 – 8.00 am
TUESDAY	10.00 – 11.00 am
	5.30 – 6.30 pm
	6.45 – 7.45 pm
WORKOUT A:	8.00 – 9.00 pm
WEDNESDAY	6.00 – 7.00 am
&	7.00 – 8.00 am
THURSDAY:	10.00 – 11.00 am
	5.30 – 6.30 pm
	6.45 – 7.45 pm
WORKOUT B:	8.00 – 9.00 pm
FRIDAY:	6.00 – 7.00 am
	7.00 – 8.00 am
	10.00 – 11.00 am
	4.00 – 5.00 pm
	5.00 – 6.00 pm
	6.00 – 7.00 pm

1-2-1 Personal Training

**Want to just train alone with a Trainer and go at your own pace?
We do 30 minute and 60 minute PT sessions in 5 Week blocks.**

**For more info on either program contact us on
info@dutchysfitness, the **FB page** or simply just ask a **Trainer**.**