



[www.strongbodies.ie](http://www.strongbodies.ie) | [strongbodies1@gmail.com](mailto:strongbodies1@gmail.com)

FIRHOUSE COMMUNITY CENTRE  
Ballycullen Drive  
Dublin, Ireland

Phone: 087-6341861

Please secure your space to all classes online. Strongbodies.ie for more details. Download Glofox in the App store

<u>Monday</u>	<u>Class</u>	<u>Coach</u>	<u>Cost</u>	<u>Location</u>
18.30	Strength & Conditioning	Richard Andreucetti	Drop In €8	FCC-Studio
19.00	Hatha Yoga	David Rush	Drop In €10	FCC-New Room
19.15	Strength & Conditioning	Richard Andreucetti	Drop In €8	FCC-Studio
<u>Tuesday</u>	<u>Class</u>	<u>Coach</u>	<u>Cost</u>	<u>Location</u>
18.30	Strength & Conditioning	Richard Andreucetti	Drop In €8	FCC-Studio
19.15	Strength & Conditioning	Richard Andreucetti	Drop In €8	FCC-Studio
<u>Wednesday</u>	<u>Class</u>	<u>Coach</u>	<u>Cost</u>	<u>Location</u>
19.00	Vinyasa Flow Yoga	Sinead	Drop In €10	FCC-New Room
19.15	Strength & Conditioning	Richard Andreucetti	Drop In €8	FCC-Studio
20.00	Strength & Conditioning	Richard Andreucetti	Drop In €8	FCC-Studio
<u>Thursday</u>	<u>Class</u>	<u>Coach</u>	<u>Cost</u>	<u>Location</u>
18.30	Strength & Conditioning	Richard Andreucetti	Drop In €8	FCC-Studio
<u>Friday</u>	<u>Class</u>	<u>Coach</u>	<u>Cost</u>	<u>Location</u>
18.30	Strength & Conditioning	Richard Andreucetti	Drop In €8	FCC-Studio
18.30	Hatha Yoga	David Rush	Drop In €10	FCC-New Room
<u>Saturday</u>	<u>Class</u>	<u>Coach</u>	<u>Cost</u>	<u>Location</u>
9.30	Strength & Conditioning	Richard Andreucetti	Drop In €8	FCC-Studio

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<u>8 Class Pass €49</u>	<u>12 Class Pass €65</u>	<u>Unlimited Classes €79</u>
1 Month – Any 8 Fitness Classes	1 Month - Any 12 Fitness Classes	1 Month – Unlimited Classes
	2 x Body Fat Testing	2 x Body Fat Testing
	Goal Setting & Tracking	Body Types Nutritional Test
		Diet Plan and Guidance
		Goal Setting & Tracking