



Ballina Functional Fitness Timetable

What is Semi-Private Personal Training?

SPPT is our small group personal training. Each new member starts out with a 30 minute consultation to distinguish their starting point. Individualised nutrition coaching to suit each clients food preferences. Individualised training program built around each member & delivered by a coach so that you are never left alone to figure it out and you can become stronger at your pace. Weekly accountability to keep you on track & motivated. Unlimited SPPT access. Monthly consultation & check-in. Free individualised program design. Training is delivered at each members pace and increased in intensity as they increase in fitness. The perfect personal training program delivered at a fraction of the cost with life changing results. Apply for a consultation now - www.functionalfitness.ie/personaltraining2019

What is Group Conditioning?

A safe fun, team environment our coaches will take you on a high energy journey. Equipped with kettle bells, suspension trainers, sleds, battling ropes and tons more other fun fitness equipment, you and your teammates will experience the ultimate rush, as a Team. Sweat, laugh and burn to reach your full potential. Our Team Conditioning changes daily. This is an amazing rush of a workout and a great compliment to your Strength Training as well. Nutritional guidance is included in every membership. Apply now - www.functionalfitness.ie/grouptraining

What is Strength Training?

For those members who don't want personal training accountability but still want to get stronger! Not only does true Strength Training build physical strength and help reduce the risk of injury....in the hierarchy of training, NOTHING will get you leaner-faster than Strength Training. Our coaches will guide, instruct and inspire you in a fun, highly motivating environment. Our Strength Training program progresses weekly (built in progressions and regressions/modifications). Nutritional guidance is Included in every membership. Also unlimited access to group conditioning sessions. Apply now - www.functionalfitness.ie/strengthtraining

For more information contact: info@functionalfitness.ie or 087 652 3603 / 086 306 8006

Ballina Address: Unit 5 a Moyvalley Business Park, Primrose Hill, Foxford Road, Ballina, Co. Mayo.

Castlebar Address: Unit 7 / 8, Moneen Industrial Estate, Moneenbradagh, Castlebar, Co. Mayo

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 - 7:45		Early Morning Group Conditioning	Early Morning Group Conditioning	Early Morning Group Conditioning	Early Morning Group Conditioning	
8:00 - 9:00		Semi-Private Personal Training & Strength Training	Semi-Private Personal Training & Strength Training	Semi-Private Personal Training & Strength Training	Semi-Private Personal Training & Strength Training	
9:00 - 10:00	Semi-Private Personal Training & Strength Training	Semi-Private Personal Training & Strength Training	Semi-Private Personal Training & Strength Training	Semi-Private Personal Training & Strength Training	Semi-Private Personal Training & Strength Training	
10:00 - 11:00	Morning Group Conditioning	Morning Group Conditioning	Morning Group Conditioning	Morning Group Conditioning	Morning Group Conditioning	Morning Group Conditioning
11:00 - 12:00	The Golden Ladies	Semi-Private Personal Training & Strength Training	Semi-Private Personal Training & Strength Training	Semi-Private Personal Training & Strength Training	The Golden Ladies	Semi-Private Personal Training & Strength Training
12:00 - 1:00	Semi-Private Personal Training & Strength Training		Semi-Private Personal Training & Strength Training		Semi-Private Personal Training & Strength Training	
1:00 - 1:30	Lunch Time Fitness ONLY - Pay As You Go Session - €5		Lunch Time Fitness ONLY - Pay As You Go Session - €5		Lunch Time Fitness ONLY - Pay As You Go Session - €5	
17:00 - 18:00	Semi-Private Personal Training & Strength Training	Semi-Private Personal Training & Strength Training	Semi-Private Personal Training & Strength Training	Semi-Private Personal Training & Strength Training	Semi-Private Personal Training & Strength Training	
18:00 - 19:00	Evening Group Conditioning	Evening Group Conditioning	Evening Group Conditioning	Evening Group Conditioning	Evening Group Conditioning	
19:00 - 20:00	Evening Group Conditioning	Evening Group Conditioning	Evening Group Conditioning	Evening Group Conditioning		
20:00 - 21:00	Semi-Private Personal Training & Strength Training	Semi-Private Personal Training & Strength Training	Semi-Private Personal Training & Strength Training	Semi-Private Personal Training & Strength Training		