



Dublin City Council
Comhairle Cathrach Bhaile Átha Cliath



Poppintree Community Sports Centre

Balbutcher Lane, Ballymun, Dublin 11

T: 01 2223985

E: poppintreecommunitysportscentre@dublincity.ie

Autumn/Winter Fitness Programme

Mon:	Boxercise	11am
	AeroStep	6pm
Tues:	NEW Boot Camp Circuit Class	1pm
	TRX Poppintree (€5)	6pm
Weds:	TRX Poppintree (€5)	1pm
Thurs:	Boot Camp Circuit Class	6pm
Fri:	TRX Poppintree (€5)	11am

All Welcome - €3 per class (18s + only).

1st Class Free with flyer!