

# CARLISLE CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>	06:30 – 07:00 SPIN H.I.I.T	06:30 – 07:15 X-FIT	06:30 – 07:15 POWER SPIN	06:30 – 07:00 X-FIT	06:30 – 07:15 POWER SPIN	09:15 – 10:00 STRENGTH & CON	09:30 – 10:15 POWER SPIN
	07:05 – 07:25 ABS BLAST	07:25 – 07:55 SPIN H.I.I.T	09:30 – 10:10 X-FIT	07:05 – 07:35 SPIN H.I.I.T	09:30 – 10:10 X-FIT	10:05 – 10:25 ABS BLAST	10:30 – 10:45 ABS BLAST
	09:30 – 10:10 X-FIT	09:30 – 10:10 POWER SPIN	10:15 – 11:00 POWER SPIN	09:30 – 10:10 POWER SPIN		10:30 – 11:15 POWER SPIN	
	09:30 – 10:20 YOGA	10:15 – 10:55 STRENGTH & CON	10:15 – 11:10 ZUMBA	10:15 – 11:00 STRENGTH & CON	10:15 – 11:00 POWER SPIN	11:30 – 12:00 SPIN H.I.I.T	11:00 – 11:45 X-FIT
	10:15 – 11:00 POWER SPIN		11:15 – 12:15 PILATES	11:15 – 12:15 PILATES	11:05 – 11:25 ABS BLAST		
<b>AFTERNOON</b>	10:30 – 11:15 YOGA	11:15 – 12:15 YOGA	16:30 – 17:00 ASS & ABS		11:30 – 12:30 YOGA	12:00 – 13:00 ZUMBA	12:00 – 12:30 SPIN H.I.I.T
	16:30 – 17:15 STRENGTH & CON		17:30 – 18:15 POWER SPIN			12:15 – 12:45 X-FIT	
		16:30 – 17:00 SPIN H.I.I.T	17:30 – 18:15 X-FIT				
<b>EVENING</b>	17:30 – 18:15 POWER SPIN	17:30 – 18:15 X-FIT	18:30 – 19:15 KETTLEBELL CIRCUIT	17:00 – 17:30 ASS & ABS	17:00 – 17:45 POWER SPIN		
	18:00 – 18:30 X-FIT	17:30 – 18:15 POWER SPIN	18:30 – 19:15 POWER SPIN	18:00 – 18:45 X-FIT			
	18:30 – 19:15 POWER SPIN	18:30 – 19:15 STRENGTH & CON		18:00 – 18:45 POWER SPIN	18:00 – 18:45 POWER SPIN		
	18:30 – 19:15 KETTLEBELL CIRCUIT	18:30 – 19:15 POWER SPIN			18:00 – 19:00 ZUMBA		
	19:30 – 20:25 YOGA	19:30 – 20:15 POWER SPIN	19:30 – 20:15 STRENGTH & CON	19:00 – 19:45 STRENGTH & CON			
	19:30 – 20:15 POWER SPIN	19:30 – 20:15 ZUMBA	19:30 – 20:15 POWER SPIN	19:00 – 19:45 POWER SPIN			
	20:30 – 21:30 PILATES	20:30 – 21:30 PILATES	20:30 – 21:30 YOGA	20:00 – 21:00 ZUMBA			

**NOTES:**  
ALL CLASSES OPERATE ON A FIRST COME FIRST SERVED BASIS.

- All classes are subject to alteration.
- Limited amount of places on each class.
- Please notify the class instructors on any medical condition and pregnancies.
- Please bring your own mat for Yoga & Pilates class
- BD Spin Bike Attire – Only Shorts & Leggings permitted NO Track Suit bottoms.