

LUCAN CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	06:30 – 07:15 SPIN H.I.I.T	06:30 – 07:15 STRENGTH & CON	06:30 – 07:00 SPIN H.I.I.T	06:30 – 07:00 H.I.I.T			
			07:05 – 07:35 H.I.I.T		07:00 – 07:45 POWER SPIN		
	09:30 – 10:15 POWER SPIN	09:30 – 10:15 BOOTCAMP	09:30 – 10:15 BOOTCAMP	09:30 – 10:15 STRENGTH & CON	09:30 – 10:15 BOOTCAMP	09:30 – 10:00 H.I.I.T	
	10:30 – 11:00 H.I.I.T	10:30 – 11:15 POWER SPIN	10:30 – 11:15 POWER SPIN	10:30 – 11:15 POWER SPIN	10:30 – 11:00 SPIN H.I.I.T	10:15 – 11:00 POWER SPIN	
						11:05 – 11:25 ABS BLAST	
AFTERNOON							12:00 – 12:30 SPIN H.I.I.T
							12:40 – 13:00 ABS BLAST
EVENING	17:30 – 18:15 POWER SPIN	17:00 – 17:30 ASS & ABS	17:00 – 17:30 SPIN H.I.I.T	17:30 – 18:15 POWER SPIN			
	18:20 – 18:50 ASS & ABS	17:30 – 18:15 BURN & FIRM	17:30 – 18:00 H.I.I.T		17:00 – 17:45 STRENGTH & CON		
			18:20 – 19:05 BURN & FIRM	18:20 – 18:50 ASS & ABS	18:00 – 18:45 POWER SPIN		
	19:00 – 20:00 PILATES	18:20 – 18:50 SPIN H.I.I.T	19:10 – 19:55 POWER SPIN				
	20:10 – 20:40 SPIN H.I.I.T	19:00 – 20:00 YOGA	20:00 – 21:00 ZUMBA	19:00 – 20:00 YOGA			
		20:10 – 20:55 POWER SPIN					

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.