

NORTHWOOD CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	06:30 – 07:15 POWER SPIN	06:30 – 07:15 STRENGTH & CON	06:30 – 07:00 SPIN H.I.I.T	06:30 – 07:15 X-FIT	06:30 – 07:15 POWER SPIN	09:30 – 10:15 POWER SPIN	10:00 – 10:45 POWER SPIN
			07:05 – 07:25 ABS BLAST		09:30 – 10:10 BURN & FIRM	10:30 – 11:15 BOOTCAMP & ABS	10:50 – 11:10 ABS BLAST
	09:30 – 10:10 X-FIT	09:30 – 10:10 POWER SPIN	09:30 – 10:10 POWER SPIN	09:30 – 10:10 POWER SPIN			
	10:15 – 11:00 POWER SPIN	10:15 – 11:00 BOOTCAMP	10:15 – 11:00 STRENGTH & CON	10:15 – 11:00 STRENGTH & CON	10:15 – 11:00 POWER SPIN	11:30 – 12:15 X-FIT	11:30 – 12:15 X-FIT
	11:15 – 12:15 PILATES		11:15 – 12:15 ZUMBA	11:15 – 12:15 PILATES	11:30 – 12:30 ZUMBA	11:30 – 12:30 YOGA	11:30 – 12:30 ZUMBA
AFTERNOON		11:15 – 12:15 YOGA					
	16:30 – 17:15 BURN & FIRM		16:30 – 17:15 BURN & FIRM				
EVENING	17:30 – 18:00 SPIN H.I.I.T	16:30 – 17:00 ASS & ABS	17:30 – 18:00 ASS & ABS	17:00 – 17:30 SPIN H.I.I.T	17:30 – 18:00 SPIN H.I.I.T		
	17:30 – 18:15 STRENGTH & CON	17:30 – 18:10 BURN & FIRM	18:30 – 19:15 X-FIT				
	18:30 – 19:15 X-FIT	17:30 – 18:15 POWER SPIN	18:30 – 19:30 YOGA	18:00 – 18:45 STRENGTH & CON	18:05 – 18:25 ABS BLAST		
	18:30 – 19:15 POWER SPIN	18:30 – 19:15 X-FIT			18:30 – 19:15 X-FIT		
		19:30 – 20:15 POWER SPIN	19:30 – 20:15 STRENGTH & CON	19:00 – 19:45 POWER SPIN			
	19:30 – 20:00 ASS & ABS		19:30 – 20:15 POWER SPIN	19:00 – 19:55 YOGA			
	20:30 – 21:30 PILATES	20:30 – 21:30 ZUMBA		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.