

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
--	--------	---------	-----------	----------	--------	----------	--------

MORNING

07:00 – 07:45 POWER SPIN	07:00 – 07:45 STRENGTH & CON	07:00 – 07:45 POWER SPIN	07:00 – 07:45 BOOTCAMP	07:00 – 07:45 POWER SPIN	10:00 – 10:30 999		
	07:50 – 08:20 SPIN H.I.I.T	07:50 – 08:20 KETTLEBELL H.I.I.T		07:50 – 08:20 999	10:00 – 11:00 YOGA		
10:30 – 11:15 STRENGTH & CON							11:00 – 11:45 STRENGTH & CON

AFTERNOON

	12:45 – 13:30 PILATES	12:45 – 13:45 YOGA				12:00 – 12:45 BOOTCAMP	12:00 – 12:30 SPIN H.I.I.T
13:00 – 13:45 POWER SPIN	13:00 – 13:45 POWER SPIN	13:00 – 13:45 POWER SPIN	13:00 – 13:45 STRENGTH & CON	13:00 – 13:30 SPIN H.I.I.T	13:00 – 13:45 POWER SPIN		

EVENING

17:30 – 18:15 POWER SPIN	17:30 – 18:15 POWER SPIN	17:30 – 18:15 STRENGTH & CON	17:30 – 18:15 POWER SPIN	17:30 – 18:15 POWER SPIN			
18:30 – 19:15 UPPERBODY PUMP	18:30 – 19:15 STRENGTH & CON	18:30 – 19:00 H.I.I.T	18:30 – 19:00 KETTLEBELL H.I.I.T	18:30 – 19:15 BOOTCAMP			
19:00 – 20:00 YOGA	19:00 – 20:00 PILATES	19:00 – 19:45 POWER SPIN	19:00 – 19:20 ABS BLAST				
19:00 – 20:00 ZUMBA	19:30 – 20:00 ASS & ABS		19:00 – 20:00 YOGA	19:30 – 20:30 BRAZILIAN DANCE			
20:00 – 20:30 ASS & ABS	20:00 – 20:30 SPIN H.I.I.T	20:00 – 20:30 999	19:30 – 20:15 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.