

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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MORNING

06:30 – 07:00 SPIN H.I.I.T	06:30 – 07:15 STRENGTH & CON	06:30 – 07:15 POWER SPIN	06:30 – 07:15 X-FIT *ASTRO	06:30 – 07:15 POWER SPIN		
09:30 – 10:15 POWER SPIN	09:30 – 10:15 X-FIT *ASTRO	09:30 – 10:15 POWER SPIN	09:30 – 10:15 STRENGTH & CON	09:30 – 10:15 BOOTCAMP	09:30 – 10:10 X-FIT * ASTRO	
10:30 – 11:00 H.I.I.T	10:30 – 11:15 POWER SPIN	10:30 – 11:15 X-FIT *ASTRO	10:30 – 11:15 POWER SPIN	10:30 – 11:00 SPIN H.I.I.T	10:15 – 11:00 POWER SPIN	11:00 – 11:45 X-FIT *ASTRO
11:15 – 12:15 PILATES		10:30 – 11:30 YOGA			11:05 – 11:25 ABS BLAST	12:00 – 12:30 SPIN H.I.I.T
					11:30 – 12:30 YOGA	12:40 – 13:00 ABS BLAST

EVENING

	17:00 – 17:30 SPIN H.I.I.T	17:00 – 17:30 SPIN H.I.I.T		17:00 – 17:45 STRENGTH & CON	
17:30 – 18:15 POWER SPIN	17:30 – 18:15 STRENGTH & CON	17:30 – 18:15 BURN & FIRM	17:30 – 18:15 POWER SPIN		
18:20 – 18:50 ASS & ABS	18:20 – 19:05 POWER SPIN	18:20 – 19:05 POWER SPIN	18:20 – 18:50 ASS & ABS	18:00 – 18:45 POWER SPIN	
19:00 – 19:45 X-FIT *ASTRO	19:10 – 19:55 X-FIT *ASTRO	19:10 – 19:55 X-FIT *ASTRO			
19:10 – 20:10 PILATES	19:10 – 20:10 YOGA		19:00 – 20:00 YOGA		
20:15 – 20:45 SPIN H.I.I.T		19:30 – 20:30 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.