

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>	06:30 – 07:15 <b>POWER SPIN</b>	06:30 – 07:15 <b>STRENGTH &amp; CON</b>	06:30 – 07:15 <b>POWER SPIN</b>	06:30 – 07:15 <b>KETTLEBELLS</b>	06:30 – 07:15 <b>POWER SPIN &amp; ABS</b>	09:00 – 09:45 <b>POWER SPIN &amp; ABS</b>	10:00 – 11:00 <b>POWER SPIN 60</b>
	09:45 – 10:30 <b>STRENGTH &amp; CON</b>	09:45 – 10:30 <b>POWER SPIN &amp; ABS</b>	09:45 – 10:30 <b>BOOTCAMP</b>	09:45 – 10:30 <b>POWER SPIN &amp; ABS</b>	10:00 – 11:00 <b>PILATES</b>	10:00 – 10:55 <b>PILATES</b>	11:00 – 11:20 <b>ABS BLAST</b>
	11:15 – 12:15 <b>YOGA</b>		11:15 – 12:15 <b>YOGA</b>			11:00 – 11:45 <b>STRENGTH &amp; CON</b>	

<b>EVENING</b>	17:30 – 18:15 <b>KETTLEBELLS</b>	17:30 – 18:15 <b>POWER SPIN</b>	17:30 – 18:15 <b>STRENGTH &amp; CON</b>	17:30 – 18:15 <b>BURN &amp; FIRM</b>	17:00 – 17:45 <b>BOOTCAMP</b>
	18:30 – 19:15 <b>POWER SPIN</b>	18:30 – 19:10 <b>BURN &amp; FIRM</b>	18:30 – 19:15 <b>POWER SPIN</b>	18:30 – 19:15 <b>X-FIT</b>	18:00 – 18:45 <b>POWER SPIN</b>
	19:30 – 20:15 <b>STRENGTH &amp; CON</b>	19:15 – 20:15 <b>PILATES</b>	19:30 – 20:15 <b>UPPERBODY PUMP</b>	19:30 – 20:00 <b>SPIN HIIT</b>	
	20:30 – 21:00 <b>999</b>	19:30 – 20:15 <b>X-FIT</b>	20:30 – 21:30 <b>YOGA</b>	20:00 – 21:00 <b>ZUMBA</b>	
		20:30 – 21:00 <b>ASS &amp; ABS</b>			

**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.

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