

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	06:30 – 07:00 X-FIT	06:30 – 07:00 SPIN H.I.I.T	06:30 – 07:00 SPIN H.I.I.T	06:30 – 07:00 SPIN H.I.I.T	07:00 – 07:45 X-FIT	09:30 – 10:15 STRENGTH & CON	11:00 – 11:45 STRENGTH & CON
	07:05 – 07:35 SPIN H.I.I.T	07:10 – 07:40 H.I.I.T	07:10 – 07:40 H.I.I.T	07:05 – 07:35 KETTLEBELL H.I.I.T	09:30 – 10:15 BOOTCAMP	10:20 – 10:40 ABS BLAST	12:00 – 12:30 SPIN H.I.I.T
	09:30 – 10:15 STRENGTH & CON	09:30 – 10:15 POWER SPIN	09:30 – 10:15 POWER SPIN	09:30 – 10:15 STRENGTH & CON	10:30 – 11:15 POWER SPIN	11:00 – 11:45 POWER SPIN	12:40 – 13:00 ABS BLAST
	10:30 – 11:10 POWER SPIN	10:30 – 11:10 STRENGTH & CON	10:30 – 11:10 BOOTCAMP	10:30 – 11:15 POWER SPIN		12:00 – 13:00 YOGA	
		11:15 – 12:15 YOGA	11:15 – 12:15 YOGA	11:30 – 12:30 PILATES			
AFTER NOON	13:00 – 13:30 SPIN H.I.I.T	13:00 – 13:30 H.I.I.T	13:00 – 13:30 SPIN H.I.I.T				
EVENING	17:00 – 17:30 H.I.I.T	17:30 – 18:15 POWER SPIN	17:00 – 17:30 SPIN H.I.I.T	18:00 – 18:45 POWER SPIN	18:00 – 18:45 POWER SPIN		
	17:30 – 18:15 POWER SPIN	18:30 – 19:15 X-FIT	17:45 – 18:15 H.I.I.T	19:00 – 19:45 ASS & ABS	19:00 – 20:00 ZUMBA		
	18:30 – 19:15 STRENGTH & CON	19:30 – 20:15 UPPERBODY PUMP	18:30 – 19:15 STRENGTH & CON	20:00 – 21:00 PILATES			
	19:30 – 20:15 POWER SPIN	20:30 – 21:30 YOGA	19:30 – 20:15 POWER SPIN				
	20:30 – 21:30 ZUMBA		20:30 – 21:30 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.