

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

MORNING

06:30 – 07:15 POWER SPIN	06:30 – 07:15 POWER SPIN	06:30 – 07:15 H.I.I.T	06:30 – 07:15 POWER SPIN	06:30 – 07:15 POWER SPIN		
09:30 – 10:10 STRENGTH & CON	09:30 – 10:10 STRENGTH & CON	09:30 – 10:10 POWER SPIN	09:30 – 10:10 BURN & FIRM	09:30 – 10:10 POWER SPIN & ABS	09:30 – 10:25 ZUMBA	
10:15 – 11:00 POWER SPIN & ABS	10:15 – 11:00 POWER SPIN	10:15 – 11:00 STRENGTH & CON	10:15 – 11:00 POWER SPIN & ABS	10:15 – 11:00 STRENGTH & CON	10:30 – 11:15 POWER SPIN	
	11:15 – 12:15 PILATES	11:15 – 12:15 YOGA			11:30 – 12:15 STRENGTH & CON	12:00 – 12:30 SPIN H.I.I.T
					12:30 – 13:30 YOGA	12:40 – 13:00 ABS BLAST

EVENING

17:00 – 17:30 SPIN H.I.I.T	17:00 – 17:30 ASS & ABS	17:00 – 17:30 SPIN H.I.I.T				
17:30 – 18:15 STRENGTH & CON	17:30 – 18:15 BURN & FIRM	17:30 – 18:15 H.I.I.T	17:30 – 18:15 X-FIT	17:30 – 18:15 BURN & FIRM		
18:30 – 19:15 POWER SPIN	18:30 – 19:15 STRENGTH & CON	18:30 – 19:15 UPPERBODY PUMP	18:30 – 19:15 KETTLEBELL CIRCUIT	18:30 – 19:00 SPIN H.I.I.T		
19:30 – 20:15 BOOTCAMP	19:30 – 20:15 POWER SPIN	19:30 – 20:15 ZUMBA STEP	19:30 – 20:15 POWER SPIN			
20:30 – 21:30 PILATES	20:30 – 21:30 ZUMBA	20:30 – 21:30 YOGA	20:30 – 21:30 PILATES			

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.