

	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		
			07:50 – 07:10 ABS BLAST			10:00 – 11:00 YOGA	
	09:30 – 10:00 ASS & ABS	09:30 – 10:00 SPIN H.I.I.T				11:00 – 11:45 BRAZILIAN DANCE	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		
	18:15 – 19:00 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.