

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>	06:30 – 07:00 SPIN H.I.I.T	06:30 – 07:15 STRENGTH & CON	06:30 – 07:00 SPIN H.I.I.T	06:30 – 07:15 X-FIT *ASTRO	06:30 – 07:00 SPIN H.I.I.T		
	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
						11:05 – 11:25 ABS BLAST	12:00 – 12:30 SPIN H.I.I.T
						11:30 – 12:30 YOGA	12:40 – 13:00 ABS BLAST
<b>EVENING</b>	17:00 – 17:30 SPIN H.I.I.T	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 – 18:10 STRENGTH & CON	17:30 – 18:10 ASS & ABS	17:30 – 18:10 UPPERBODY PUMP	17:30 – 18:10 ASS & ABS			
	18:15 – 19:00 POWER SPIN	18:15 – 19:00 POWER SPIN	18:15 – 19:00 POWER SPIN	18:15 – 19:00 POWER SPIN	18:00– 18:45 POWER SPIN		
	19:10 – 19:45 H.I.I.T *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	19:30 – 20:30 ZUMBA	19:00 – 20:00 YOGA			

**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.