

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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MORNING	06:30 - 07:15 POWER SPIN	06:30 - 07:15 STRENGTH & CON	06:30 - 07:15 POWER SPIN	06:30 - 07:15 X-FIT	06:30 - 07:15 POWER SPIN	09:30 - 10:15 POWER SPIN & ABS	12:00 - 12:30 SPIN H.I.I.T
	09:30 - 10:15 BOOTCAMP	09:30 - 10:15 POWER SPIN	09:30 - 10:15 X-FIT	09:30 - 10:15 POWER SPIN	09:30 - 10:15 ASS & ABS	10:30 - 11:15 X-FIT	12:40 - 13:00 ABS BLAST
	10:30 - 11:15 POWER SPIN	10:30 - 11:15 X-FIT	10:30 - 11:15 POWER SPIN & ABS	10:30 - 11:30 YOGA	10:30 - 11:15 STRENGTH & CON	11:30 - 12:15 STRENGTH & CON	

AFTERNOON	15:30 - 16:15 STRENGTH & CON	15:30 - 16:15 POWER SPIN & ABS	15:30 - 16:15 ASS & ABS				
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EVENING	17:30 - 18:15 ASS & ABS	17:30 - 18:15 KETTLEBELL CIRCUIT	17:30 - 18:15 STRENGTH & CON	18:00 - 18:45 POWER SPIN	18:00 - 18:45 POWER SPIN
	18:30 - 19:15 BURN & FIRM	18:30 - 19:15 POWER SPIN	18:30 - 19:15 X-FIT	19:00 - 19:45 X-FIT	
	19:30 - 20:15 POWER SPIN	19:30 - 20:15 BOOTCAMP	19:30 - 20:15 POWER SPIN		
	20:30 - 21:30 YOGA	20:30 - 21:30 PILATES	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.