

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	06:30 – 07:15 BOOTCAMP	06:30 – 07:15 POWER SPIN	06:30 – 07:15 STRENGTH & CON	06:30 – 07:00 SPIN H.I.I.T	06:30 – 07:15 POWER SPIN		
				07:05 – 07:25 ABS BLAST		09:30 – 10:15 STRENGTH & CON	09:30 – 10:00 H.I.I.T
	09:30 – 10:10 POWER SPIN	09:30 – 10:10 BOOTCAMP	09:30 – 10:10 POWER SPIN	09:30 – 10:10 POWER SPIN	09:30 – 10:10 X-FIT	10:30 – 11:15 POWER SPIN	10:00 – 10:45 POWER SPIN
	10:15 – 11:00 BURN & FIRM	10:15 – 11:00 POWER SPIN	10:15 – 10:45 ASS & ABS	10:15 – 11:00 STRENGTH & CON	09:30 – 10:30 PILATES	10:30 – 11:15 ZUMBA STEP	11:00 – 11:45 X-FIT
		10:30 – 11:15 ZUMBA			10:30 – 11:15 POWER SPIN		
AFTERNOON	11:15 – 12:15 YOGA	11:20 – 12:15 PILATES	11:15 – 12:15 ZUMBA	11:15 – 12:15 YOGA		11:30 – 12:30 ZUMBA	
			12:30 – 13:30 PILATES		13:00 – 14:00 YOGA		
		16:30 – 17:10 999	16:30 – 17:10 999				
EVENING	17:00 – 17:30 H.I.I.T				17:00 – 17:45 POWER SPIN		
	17:30 – 18:15 POWER SPIN	17:30 – 18:15 UPPERODY PUMP	17:30 – 18:15 POWER SPIN	17:30 – 18:15 X-FIT	18:00 – 18:45 X-FIT		
	18:30 – 19:15 X-FIT	18:30 – 19:15 X-FIT	18:30 – 19:15 BURN & FIRM	18:30 – 19:15 POWER SPIN	18:15 – 19:00 YOGA		
	19:30 – 20:15 STRENGTH & CON	19:30 – 20:15 POWER SPIN	19:30 – 20:15 STRENGTH & CON	19:00 – 19:55 ZUMBA	19:15 – 20:15 ZUMBA		
	20:30 – 21:30 ZUMBA	20:30 – 21:30 PILATES	20:30 – 21:30 YOGA	20:00 – 21:00 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.