

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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		
						09:00 – 09.45 X-FIT	
	09:30 – 10:15 X-FIT	09:30 – 10:15 POWER SPIN	09:30 – 10:15 L.I.F.T	09:30 – 10:15 POWER SPIN	09:30 – 10:15 X-FIT	10:00 – 10:45 POWER SPIN	10:00 – 10:45 POWER SPIN
	10:30 – 11:00 SPIN HIIT	10:30 – 11:15 STEP	10:30 – 11:15 POWER SPIN	10:30 – 11:15 X-FIT	10:30 – 11:00 ASS & ABS	11:00 – 11:45 EXHALE	11:00 – 11:45 X-FIT
EVENING							
	17:30 – 18:00 ASS & ABS	17:30 – 18:00 SPIN HIIT	17:30 – 18:00 HIIT	17:30 – 18:00 SPIN HIIT	17:30 – 18:00 ASS & ABS	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.	
	18:05 – 18:50 POWER SPIN	18:05 – 18:35 ASS & ABS	18:05 – 18:50 POWER SPIN	18:05 – 18.50 STRENGTH & CON	18:05 – 18:50 POWER SPIN		
	19:00 – 19:45 L.I.F.T	19:00 – 19:45 POWER SPIN	19:00 – 19:45 STRENGTH & CON	19:00 – 19:45 X-FIT			
	20:00 – 21:00 PILATES	20:00 – 21:00 YOGA	20:00 – 21:00 ZUMBA	20:00 – 20:45 STEP			