

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	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	06:30 – 07:15 POWER SPIN	09:00 – 09:45 POWER SPIN	09:00 – 09:45 POWER SPIN
						10:00 – 10:30 ASS & ABS	10:00 – 10:30 ASS & ABS
	09:30 – 10:10 X-FIT	09:30 – 10:10 POWER SPIN	09:30 – 10:10 POWER SPIN	09:30 – 10:10 POWER SPIN	09:30 – 10:10 L.I.F.T		
	10:15 – 11:00 POWER SPIN	10:15 – 11:00 STEP	10:15 – 11:00 STRENGTH & CON	10:15 – 10:45 ASS & ABS	10:15 – 11:00 POWER SPIN	11:00 – 11:45 X-FIT	11:00 – 11:45 X-FIT
	11:15 – 12:15 PILATES	11:15 – 12:15 YOGA	11:15 – 12:15 ZUMBA	11:15 – 12:00 EXHALE	11:15 – 12:15 ZUMBA	11:00 – 12:00 YOGA	12:00 – 12:45 STEP
AFTER NOON	16:30 – 17:15 STRENGTH & CON	16:30 – 17:00 SPIN H.I.I.T	16:30 – 17:00 ASS & ABS				
EVENING	17:30 – 18:00 SPIN H.I.I.T	17:30 – 18:00 ASS & ABS	17:30 – 18:15 STRENGTH & CON	17:30 – 18:15 X-FIT	17:30 – 18:15 POWER SPIN		
	18:05 – 18:50 X-FIT	18:05 – 18:50 STRENGTH & CON	18:05 – 18:50 POWER SPIN	18:05 – 18:50 STRENGTH & CON	18:30 – 19:15 STEP		
	18:30 – 19:15 L.I.F.T	18:30 – 19:00 SPIN H.I.I.T	18:30 – 19:30 YOGA	18:30 – 19:00 SPIN H.I.I.T	18:30 – 19:15 X-FIT		
	18:30 – 19:15 POWER SPIN	18:30 – 19:15 X-FIT	18:30 – 19:15 X-FIT	19:30 – 20:30 YOGA			
	19:30 – 20:00 ASS & ABS	19:30 – 20:15 POWER SPIN	19:30 – 20:15 L.I.F.T	19:30 – 20:15 POWER SPIN			
	20:30 – 21:30 PILATES	20:30 – 21:30 ZUMBA	19:30 -20:15 POWER SPIN	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.