

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	06:30 – 07:00 SPIN H.I.I.T	06:30 – 07:00 SPIN H.I.I.T	06:30 – 07:15 POWER SPIN	06:30 – 07:00 SPIN H.I.I.T	06:30 – 07:15 POWER SPIN		
		06:30 – 07:15 X-FIT		06:30 – 07:15 X-FIT		09:00 – 09:45 STRENGTH & CON	09:00 – 09:45 POWER SPIN
	09:30 – 10:10 X-FIT	09:30 – 10:10 POWER SPIN	09:30 – 10:10 X-FIT	09:30 – 10:10 POWER SPIN	09:30 – 10:10 X-FIT	10:00 – 10:45 EXHALE	
	09:30 – 10:30 YOGA		10:15 – 11:00 ZUMBA	09:30 – 10:10 STEP	09:30 – 10:30 YOGA	10:00 – 10:45 POWER SPIN	10:00 – 10:45 X-FIT
	10:15 – 11:00 POWER SPIN	10:15 – 11:00 STRENGTH & CON	10:15 – 11:00 POWER SPIN	10:15 – 11:00 L.I.F.T	10:15 – 11:00 POWER SPIN	11:00 – 11:45 POWER SPIN	
	11:15 – 12:00 EXHALE	11:15 – 12:15 YOGA	11:15 – 12:15 PILATES	11:15 – 12:15 PILATES	11:15 – 12:15 YOGA	11:00 – 11:45 X-FIT	11:00 – 11:45 POWER SPIN
AFTER NOON	16:30 – 17:15 STRENGTH & CON	16:30 – 17:00 ASS & ABS	16:30 – 17:15 X-FIT				
	17:30 – 18:00 ASS & ABS	17:30 – 18:15 L.I.F.T	17:30 – 18:00 ASS & ABS				
EVENING	17:30 – 18:00 SPIN HIIT	17:30 – 18:00 SPIN HIIT	17:30 – 18:00 SPIN HIIT	17:30 – 18:15 X-FIT	17:30 – 18:15 POWER SPIN		
	18:05 – 18:50 X-FIT	18:05 – 18:50 X-FIT	18:05 – 18:50 X-FIT				
	18:30 – 19:15 POWER SPIN	18:30 – 19:15 POWER SPIN	18:30 – 19:15 POWER SPIN	18:30 – 19:15 POWER SPIN	18:30 – 19:15 L.I.F.T		
	18:30 – 19:15 L.I.F.T	18:30 – 19:15 STRENGTH & CON	18:30 – 19:15 STEP	18:30 – 19:00 ASS & ABS			
	19:30 – 20:15 POWER SPIN	19:30 – 20:15 POWER SPIN	19:30 – 20:15 POWER SPIN	19:30 – 20:15 STRENGTH & CON	19:30 – 20:15 STEP		
	19:30 – 20:25 YOGA	19:30 – 20:15 ZUMBA	19:30 – 20:15 STRENGTH & CON				
	20:30 – 21:30 PILATES	20:30 – 21:30 PILATES	20:30 – 21:30 YOGA	20:30 – 21:15 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.

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