

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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MORNING

07:00 – 07:45 POWER SPIN	07:00 – 07:45 STRENGTH & CON	07:00 – 07:45 POWER SPIN	07:00 – 07:45 BOOTCAMP	07:00 – 07:45 POWER SPIN		
					10:00 – 11:00 YOGA	
					11:00 – 11:45 BRAZILIAN DANCE	11:00 – 11:45 BOOTCAMP

AFTER NOON

	12:00 – 12:45 STEP	12:45 – 13:45 YOGA			12:00 – 12:45 STRENGTH & CON	12:00 – 12:45 POWER SPIN
13:00 – 13:45 POWER SPIN	13:00 – 13:45 POWER SPIN	13:00 – 13:45 POWER SPIN	13:00 – 13:45 STRENGTH & CON	13:00 – 13:30 SPIN H.I.I.T	13:00 – 13:45 POWER SPIN	13:00 – 13:45 STEP

EVENING

17:30 – 18:00 SPIN HIIT	17:30 – 18:00 SPIN HIIT	17:30 – 18:00 ASS & ABS	17:30 – 18:00 SPIN HIIT	17:30 – 18:00 SPIN HIIT
18:05 – 18:50 L.I.F.T	18:05 – 18:50 STRENGTH & CON	18:05 – 18:50 POWER SPIN	18:05 – 18:50 BOOTCAMP	18:05 – 18:50 L.I.F.T
19:00 – 20:00 YOGA	19:00 – 20:00 PILATES	19:00 – 19:45 STEP	19:00 – 20:00 YOGA	19:00 – 20:00 BRAZILIAN DANCE
19:00 – 20:00 ZUMBA	19:00 – 19:30 ASS & ABS		19:00 – 20:00 ZUMBA	
20:00 – 20:30 ASS & ABS	20:00 – 20:30 SPIN H.I.I.T	20:00 – 20:45 EXHALE		

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.