

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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**MORNING**

06:30 – 07:15 <b>POWER SPIN</b>	06:30 – 07:15 <b>POWER SPIN</b>	06:30 – 07:00 <b>HIIT</b>	06:30 – 07:15 <b>POWER SPIN</b>	06:30 – 07:15 <b>POWER SPIN</b>		
09:30 – 10:10 <b>STRENGTH &amp; CON</b>	09:30 – 10:10 <b>STRENGTH &amp; CON</b>	09:30 – 10:10 <b>POWER SPIN</b>	09:30 – 10:10 <b>L.I.F.T</b>	09:30 – 10:10 <b>POWER SPIN</b>	09:00 – 09:55 <b>ZUMBA</b>	
10:15 – 11:00 <b>POWER SPIN</b>	10:15 – 11:00 <b>POWER SPIN</b>	10:15 – 11:00 <b>STRENGTH &amp; CON</b>	10:15 – 11:00 <b>POWER SPIN</b>	10:15 – 11:00 <b>STRENGTH &amp; CON</b>	10:00 – 10:45 <b>POWER SPIN</b>	
11:15 – 12:00 <b>EXHALE</b>	11:15 – 12:15 <b>PILATES</b>	11:15 – 12:15 <b>YOGA</b>	11:15 – 12:00 <b>EXHALE</b>		11:00 – 11:45 <b>STRENGTH &amp; CON</b>	11:00 – 11:45 <b>STRENGTH &amp; CON</b>
					12:00 – 13:00 <b>YOGA</b>	12:00 – 12:45 <b>POWER SPIN</b>

**EVENING**

17:30 – 18:00 <b>ASS &amp; ABS</b>	17:30 – 18:00 <b>SPIN HIIT</b>	17:30 – 18:00 <b>HIIT</b>	17:30 – 18:00 <b>SPIN HIIT</b>	17:30 – 18:00 <b>ASS &amp; ABS</b>
18:05 – 18:50 <b>STRENGTH &amp; CON</b>	18:05 – 18:50 <b>L.I.F.T</b>	18:05 – 18:50 <b>POWER SPIN</b>	18:05 – 18:50 <b>STRENGTH &amp; CON</b>	18:05 – 18:50 <b>POWER SPIN</b>
19:00 – 19:45 <b>POWER SPIN</b>	19:00 – 19:45 <b>POWER SPIN</b>	19:00 – 19:45 <b>ZUMBA STEP</b>	19:00 – 19:45 <b>X-FIT</b>	19:00 – 19:45 <b>STEP</b>
20:00 – 21:00 <b>PILATES</b>	20:00 – 21:00 <b>ZUMBA</b>	20:00 – 21:00 <b>YOGA</b>	20:00 – 20:45 <b>PILATES</b>	

**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.