

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	06:30 – 07:10 X-FIT	06:30 – 07:00 SPIN HIIT	06:30 – 07:00 SPIN HIIT	06:30 – 07:00 SPIN HIIT	06:30 – 07:00 HIIT	09:00 – 09:45 STRENGTH & CON	
	07:15 – 07:45 SPIN HIIT	07:15 – 07:45 HIIT	07:15 – 07:45 HIIT	07:15 – 07:45 HIIT	07:15 – 08:00 X-FIT	10:00 – 10:30 ASS & ABS	10:00 – 10:45 EXHALE
	09:30 – 10:15 STRENGTH & CON	09:30 – 10:15 POWER SPIN	09:30 – 10:15 POWER SPIN	09:30 – 10:15 STRENGTH & CON	09:30 – 10:15 L.I.F.T	11:00 – 11:45 POWER SPIN	11:00 – 11:45 STRENGTH & CON
	10:30 – 11:10 POWER SPIN	10:30 – 11:10 STRENGTH & CON	10:30 – 11:10 STEP	10:30 – 11:10 POWER SPIN	10:30 – 11:10 POWER SPIN	12:00 – 13:00 YOGA	12:00 – 12:30 SPIN HIIT
	11:15 – 12:00 STEP	11:15 – 12:00 EXHALE	11:15 – 12:15 YOGA	11:15 – 12:15 PILATES			
AFTER NOON	13:00 – 13:30 SPIN HIIT	13:00 – 13:30 HIIT	13:00 – 13:30 SPIN HIIT				
EVENING	17:30 – 18:00 SPIN HIIT	17:30 – 18:00 SPIN HIIT	17:30 – 18:00 HIIT	17:30 – 18:00 SPIN HIIT	17:30 – 18:00 ASS & ABS		
	18:05 – 18:50 STRENGTH & CON	18:05 – 18:50 X-FIT	18:05 – 18:50 STRENGTH & CON	18:05 – 18:50 POWER SPIN	18:05 – 18:50 POWER SPIN		
	18:30 – 19:15 X-FIT	18:30 – 19:00 SPIN HIIT					
	19:00 – 19:45 POWER SPIN	19:00 – 19:45 L.I.F.T	19:00 – 19:45 POWER SPIN	19:00 – 19:30 ASS & ABS	19:00 – 20:00 ZUMBA		
	20:00 – 21:00 ZUMBA	20:00 – 21:00 YOGA	20:00 – 21:00 ZUMBA	20:00 – 21:00 PILATES			

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.