

MORNING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30 – 07:15 X-FIT	06:30 – 07:15 POWER SPIN	06:30 – 07:15 STRENGTH & CON	06:30 – 07:15 POWER SPIN	06:30 – 07:15 POWER SPIN		
09:30 – 10:10 POWER SPIN	09:30 – 10:10 STRENGTH & CON	09:30 – 10:10 POWER SPIN	09:30 – 10:10 X-FIT	09:30 – 10:10 X-FIT	09:00 – 09:45 STRENGTH & CON	09:00 – 09:45 POWER SPIN
	10:15 – 11:00 POWER SPIN			09:30 – 10:10 PILATES	10:00 – 10:45 ZUMBA STEP	10:00 – 10:45 X-FIT
10:15 – 11:00 L.I.F.T	10:15 – 11:15 ZUMBA	10:15 – 10:45 ASS & ABS	10:15 – 11:00 POWER SPIN	10:15 – 11:00 POWER SPIN	10:00 – 10:45 POWER SPIN	11:00 – 11:45 EXHALE
11:15 – 12:15 YOGA	11:15 – 12:15 PILATES	11:15 – 12:15 ZUMBA	11:15 – 12:15 YOGA	11:15 – 12:00 EXHALE	11:00 – 12:00 ZUMBA	

AFTER NOON

16:30 – 17:00 ASS & ABS	16:30 – 17:15 STEP	16:30 – 17:00 SPIN HIIT				
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EVENING

17:30 – 18:00 SPIN HIIT	17:30 – 18:00 ASS & ABS	17:30 – 18:00 ASS & ABS	17:30 – 18:15 X-FIT	17:30 – 18:15 POWER SPIN		
18:05 – 18:50 STRENGTH & CON	18:05 – 18:50 X-FIT	18:05 – 18:50 POWER SPIN	18:05 – 18:50 L.I.F.T			
18:30 – 19:15 X-FIT	18:30 – 19:15 POWER SPIN	18:30 – 19:15 STEP	18:30 – 19:15 POWER SPIN	18:30 – 19:15 X-FIT		
19:30 – 20:15 POWER SPIN	19:30 – 20:15 L.I.F.T	19:30 – 20:15 X-FIT	19:30 – 20:30 ZUMBA	19:30 – 20:30 ZUMBA		
20:30 – 21:30 ZUMBA	20:30 – 21:30 PILATES	20:30 – 21:30 YOGA	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.