

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

7.00AM-7.30AM
SPIN

7.00AM-7.30AM
SPIN

7.00AM- 7.30AM
SPIN

9.30AM-10.15AM
SPIN

9.30AM-10.15AM
SPIN

9.30AM-10.15AM
SPIN

EVENING

5.30PM-6.15PM
SPIN

5.30PM-6.15PM
STRENGTH &
CONDITIONING

5.30PM-6.15PM
SPIN

5.30PM-6.15PM
STRENGTH &
CONDITIONING

5.30PM-6.15PM
SPIN

7.00PM-7.45PM
STRENGTH &
CONDITIONING

7.00PM-7.45PM
SPIN

7.00PM-7.45PM
STRENGTH &
CONDITIONING

7.00PM-7.45PM
SPIN

7.00PM-7.45PM
STRENGTH &
CONDITIONING

MORE CLASSES COMING SOON

NOTES:

- Classes places are first come first served. No Booking Required
- All classes are subject to change.
- Limited amount of places on each class.
- Please notify the class instructors on any medical condition and pregnancies.
- SPIN Bike Attire – Only Shorts & Leggings permitted NO Track Suit bottoms.
- S&C on Astro Area.
- SPIN in Studio on Second Floor