

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

**MORNING**

9.30am-10.15 <b>SPIN</b>	9.30am-10.15 <b>STRENGTH &amp; CONDITIONING</b>	9.30am-10.15 <b>SPIN</b>				

**EVENING**

5.30PM-6.15PM <b>SPIN</b>	5.30PM-6.15PM <b>STRENGTH &amp; CONDITIONING</b>	5.30PM-6.15PM <b>SPIN</b>	5.30PM-6.15PM <b>STRENGTH &amp; CONDITIONING</b>	
7.00PM-7.45PM <b>STRENGTH &amp; CONDITIONING</b>	7.00PM-7.45PM <b>SPIN</b>	7.00PM-7.45PM <b>STRENGTH &amp; CONDITIONING</b>	7.00PM-7.45PM <b>SPIN</b>	

**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