

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

**MORNING**

**7.00 -7.45  
SPIN**

**7.00 -7.45  
STRENGTH &  
CONDITIONING**

**7.00 -7.45  
SPIN**

**9.30 -10.15  
STRENGTH &  
CONDITIONING**

**09.30 -10.15  
SPIN**

**09.30 -10.15  
STRENGTH &  
CONDITIONING**

**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 on Second floor.
- SPIN on Second Floor