

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

7.00 -7.45
SPIN

7.00 -7.45
SPIN

7.00 -7.45
SPIN

9.30 -10.15
SPIN

09.30 -10.15
SPIN

09.30 -10.15
SPIN

EVENING

5.30PM -6.15PM
SPIN

5.30PM -6.15PM
STRENGTH &
CONDITIONING

5.30PM -6.15PM
SPIN

5.30PM -6.15PM
STRENGTH &
CONDITIONING

7.00PM -7.45PM
STRENGTH &
CONDITIONING

7.00PM -7.45PM
SPIN

7.00PM -7.45PM
STRENGTH &
CONDITIONING

7.00PM -7.45PM
SPIN

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