

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6.30AM-7.00AM SPIN HIIT	6.30AM-7.15AM STRENGTH & CONDITIONING	6.30AM-7.15AM POWER SPIN	6.30AM-7.00AM HIIT	6.30AM-7.15AM POWER SPIN		
	7.05AM-7.25AM ABS BLAST	7.30AM-8.00AM SPIN HIIT		7.05AM-7.35AM SPIN HIIT			
	9.30AM-10.10AM STRENGTH & CONDITIONING	9.30AM-10.10AM POWER SPIN	9.30AM-10.00AM HIIT	9.30AM-10.10AM POWER SPIN	9.30AM-10.00AM HIIT	9.30AM-10.10AM STRENGTH & CONDITIONING	9.30AM-10.10AM POWER SPIN
	10.15AM-11.00AM POWER SPIN	10.15AM-11.00AM STRENGTH & CONDITIONING	10.15AM-11.00AM POWER SPIN	10.15AM-11.00AM STRENGTH & CONDITIONING	10.15AM-10.45AM SPIN HIIT	10.15AM-10.35AM ABS BLAST	10.15AM-10.35AM ABS BLAST
					10.50AM-11.10AM ABS BLAST	11.00AM-11.30AM SPIN HIIT	11.00AM-11.30AM HIIT

EVENING	5.30PM-6.15PM POWER SPIN	5.30PM-6.15PM STRENGTH & CONDITIONING	5.30PM-6.15PM POWER SPIN	5.30PM-6.00PM ASS & ABS	5.30PM-6.15PM POWER SPIN
	6.30PM-7.00PM ASS & ABS	6.30PM-7.15PM POWER SPIN	6.30PM-7.00PM ASS & ABS	6.30PM-7.00PM HIIT	
	6.30PM-7.15PM POWER SPIN	6.30PM-7.15PM STRENGTH & CONDITIONING	6.30PM-7.15PM POWER SPIN	6.30PM-7.15PM POWER SPIN	6.30PM-7.15PM POWER SPIN
	7.30PM-8.15PM STRENGTH & CONDITIONING	7.30PM-8.15PM POWER SPIN	7.30PM-8.15PM STRENGTH & CONDITIONING	7.30PM-8.15PM STRENGTH & CONDITIONING	

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.