

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

6.30AM-7.15AM POWER SPIN		6.30AM-7.15AM POWER SPIN				
9.30AM-10.15AM POWER SPIN	9.30AM-10.15AM STRENGTH & CONDITIONING	9.30AM-10.15AM POWER SPIN	9.30AM-10.15AM ASS & ABS		9.30AM-10.15AM POWER SPIN	
	10.30AM-11.15AM POWER SPIN		10.30AM-11.15AM POWER SPIN		10.30AM-11.15AM STRENGTH & CONDITIONING	

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	
6.30PM-7.15PM STRENGTH & CONDITIONING		6.30PM-7.00PM HIIT	6:30PM-7.15PM POWER SPIN	
	7.00PM-7.45PM POWER SPIN	7.15PM-8.00PM 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.
- S&C in Studio 1 on second floor
- SPIN in Studio 2 on second floor