

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

**MORNING**

<b>7.00AM-7.45AM</b> <b>POWER SPIN</b>	<b>7.00AM-7.45AM</b> <b>STRENGTH &amp; CONDITIONING</b>	<b>7.00AM-7.45AM</b> <b>POWER SPIN</b>				
<b>8.00AM-8.30AM</b> <b>HIIT</b>	<b>8.00AM-8.30AM</b> <b>HIIT</b>	<b>9.30AM-10.15AM</b> <b>STRENGTH &amp; CONDITIONING</b>				
<b>9.30AM-10.15AM</b> <b>STRENGTH &amp; CONDITIONING</b>	<b>10.30AM-11.00AM</b> <b>SPIN HIIT</b>	<b>10.30AM-11.00AM</b> <b>SPIN HIIT</b>				

**EVENING**

<b>5.30PM-6.00PM</b> <b>HIIT</b>	<b>5.30PM-6.15PM</b> <b>STRENGTH &amp; CONDITIONING</b>	<b>5.30PM-6.15PM</b> <b>POWER SPIN</b>	<b>5.30PM-6.00PM</b> <b>ASS &amp; ABS</b>	<b>5.30PM-6.00PM</b> <b>SPIN HIIT</b>
<b>6.30PM-7.00PM</b> <b>SPIN HIIT</b>			<b>6:30PM-7.15PM</b> <b>POWER SPIN</b>	<b>6.30PM-7.00PM</b> <b>HIIT</b>
<b>7.00PM-7.45PM</b> <b>STRENGTH &amp; CONDITIONING</b>	<b>7.00PM-7.45PM</b> <b>POWER SPIN</b>	<b>7.00PM-7.45PM</b> <b>STRENGTH &amp; CONDITIONING</b>		

**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.