

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6:30AM-7:15AM POWER SPIN		6:30AM-7:00AM SPIN HIIT				
	9:30AM-10:15AM POWER SPIN	9:30AM-10:15AM POWER SPIN	9:30AM-10:15AM POWER SPIN	9:30AM-10:15AM STRENGTH & CONDITIONING	9:30AM-10:15AM POWER SPIN	9:30AM-10:15AM POWER SPIN	
	10:20AM-10:50AM ASS & ABS	10:20AM-11:05AM STRENGTH & CONDITIONING	10:20AM-10:40AM ABS BLAST	10:20AM-10:50AM ASS & ABS	10:20AM-11:05AM STRENGTH & CONDITIONING	10:20AM-10:50AM ASS & ABS	

EVENING	5.30PM-6.00PM SPIN HIIT	5.30PM-6.15PM POWER SPIN	5.30PM-6.15PM STRENGTH & CONDITIONING	5.30PM-6.15PM POWER SPIN	5.30PM-6.15PM POWER SPIN
	6.30PM-7.00PM ASS & ABS	6.30PM-7.00PM SPIN HIIT	6.30PM-7.00PM HIIT	6.30PM-7.00PM SPIN HIIT	6.30PM-7.00PM ASS & ABS
	7.00PM-7.45PM STRENGTH & CONDITIONING	7.00PM-7.45PM STRENGTH & CONDITIONING	7.00PM-7.45PM POWER SPIN	7.00PM-7.20PM ABS BLAST	7.00PM-7.30PM HIIT

**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 Gym Floor