

# CHERRYWOOD CLASS TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

		7.00AM-7.45AM POWER SPIN				
9.30AM-10.15AM STRENGTH & CONDITIONING		9.30AM-10.15AM 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 POWER SPIN			

**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.