

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

EVENING

6:00PM-6.45PM SPIN	6:00PM-6.30PM ASS & ABS	6:00-6.45PM SPIN		
7.00PM-7.45PM X-FIT	6:45PM-7.30PM SPIN	7.00PM-7.45PM 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 on Astro Area.
- SPIN on gym floor