

BLANCHARDSTOWN CLASS TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

		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-10.00AM ASS & ABS		9.30AM-10.15AM POWER SPIN	
			10.15AM-10:45AM SPIN HIIT			

EVENING

6.00PM-6.45PM POWER SPIN	6.00PM-6.45PM STRENGTH & CONDITIONING	6.00PM-6.45PM POWER SPIN		
7.00PM-7.45PM STRENGTH & CONDITIONING	7.00PM-7.45PM POWER SPIN	7.00PM-7.30PM HIIT	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.
- S&C in Studio 1 on second floor
- SPIN in Studio 2 on second floor
- X-FIT on astro area on 1st floor