

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

						9:30AM-10:15AM SPIN & ABS	

EVENING

5.30PM-6.15PM SPIN	5.30PM-6.15PM X FIT	5.30PM-6.15PM SPIN	5.30PM-6.15PM X FIT	
6.30PM-7.15PM X FIT	6.30PM-7.15PM SPIN	6.30PM-7.15PM ASS & ABS		

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