

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

**MORNING**

<b>9.30AM-10.15AM POWER SPIN</b>	<b>9.30AM-10.15AM STRENGTH &amp; CONDITIONING</b>	<b>9.30AM-10.15AM POWER SPIN</b>	<b>9.30AM-10.15AM Circuit</b>		<b>9.30AM-10.15AM POWER SPIN</b>	

**EVENING**

<b>6.00PM-6.45PM POWER SPIN</b>	<b>6.00PM-6.45PM Circuit</b>	<b>6.00PM-6.45PM POWER SPIN</b>		
<b>7.00PM-7.45PM STRENGTH &amp; CONDITIONING</b>	<b>7.00PM-7.30PM Ass&amp;Abs</b>	<b>7.00PM-7.20PM Abs Blast</b>	<b>6:30PM-7.15PM POWER SPIN</b>	

**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 1<sup>st</sup> floor