

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

**MORNING**

						<b>9:30AM-10:15AM</b> <b>SPIN &amp; ABS</b>	

**EVENING**

<b>5.30PM-6.15PM</b> <b>SPIN</b>	<b>5.30PM-6.15PM</b> <b>X FIT</b>	<b>5.30PM-6.15PM</b> <b>SPIN</b>	<b>5.30PM-6.15PM</b> <b>X FIT</b>	
<b>6.30PM-7.15PM</b> <b>X FIT</b>	<b>6.30PM-7.15PM</b> <b>SPIN</b>	<b>6.30PM-7.15PM</b> <b>ASS &amp; ABS</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 on Astro Area.
- SPIN in Studio on Gym Floor