

CHERRYWOOD CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING			7.00AM-7.45AM POWER SPIN				
	9.30AM-10.15AM STRENGTH & CONDITIONING		9.30AM-10.15AM STRENGTH & CONDITIONING				

EVENING					
	6.15PM-7.00PM POWER SPIN	5.30PM-6.15PM STRENGTH & CONDITIONING	6.15PM-7.00PM POWER SPIN	5.30PM-6.15PM STRENGTH & CONDITIONING	
		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.