

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SPIN 6.15AM-6.45 AM	SPIN 6.15AM-6.45 AM	SPIN 6.15AM-6.45 AM	SPIN 6.15AM-6.45 AM	SPIN 6.15AM-6.45 AM	SPINFIT 9.15AM-10.00AM	SPIN 9.30AM-10.00 AM
STRENGTH & CONDITIONING 7.10AM-7.40AM	KETTLEBELLS 7.10AM-7.40AM	FULLBODY 7.10 AM-7.40AM	BUTTS&GUTS 7.10AM-7.40AM	KETTLEBELLS 7.10AM-7.40AM	SPIN 10.10AM-10.40 AM	<p>You must register for classes at the reception All classes run on a first come first served basis All members must bring a towel with them</p>
FULLBODY 9.30 AM-10.00AM	SPINFIT 9.30AM-10.15AM	STRENGTH & CONDITIONING 9.30AM-10.00AM	SPINFIT 9.30AM-10.15AM	FULLBODY 9.30 AM-10.00AM		
KETTLEBELLS 10.10AM-10.40AM	HIIT 10.20AM-10.50 PM	BUTTS&GUTS 10.10AM-10.40AM	HIIT 10.20AM-10.50 PM	STRENGTH & CONDITIONING 10.10AM-10.40AM		
SPINFIT 17.45 PM-18.30PM	SPIN 18.00PM-18.30PM	SPINFIT 17.45 PM-18.30PM	SPIN 18.30PM-19.30PM	SPINFIT 17.45 PM-18.30PM		
SPIN 18.35PM-19.05PM	BUTTS&GUTS 18.35PM-19.05PM	SPIN 18.35PM-19.05PM	STRENGTH & CONDITIONING 18.35PM-19.05PM	SPIN 18.35PM-19.05PM		