

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SPINFIT 6.15AM-7.00AM	SPIN 6.15AM-6.45AM	SPINFIT 6.15AM-7.00AM	SPIN 6.15AM-6.45AM	SPIN 6.15AM-6.45AM	SPINFIT 9.15AM-10.00AM	SPIN 9.30AM-10.00AM
STRENGTH & CONDITIONING 7.10AM-7.40AM	HIIT 7.10AM-7.40AM	FULLBODY 7.10AM-7.40AM	BUTTS&GUTS 7.10AM-7.40AM	KETTLEBELLS 7.10AM-7.40AM	SPIN 10.10AM-10.40AM	<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>
SPIN 9.30AM-10.00AM	SPINFIT 9.30AM-10.15AM	SPIN 9.30AM-10.00AM	SPINFIT 9.30AM-10.15AM	FULLBODY 9.30AM-10.00AM		
HIIT 10.10AM-10.40AM	KETTLEBELLS 10.20AM-10.50AM	BUTTS&GUTS 10.10AM-10.40AM	FULLBODY 10.20AM-10.50AM	STRENGTH & CONDITIONING 10.10AM-10.40AM		
SPINFIT 17.45PM-18.30PM	SPIN 18.00PM-18.30PM	SPINFIT 17.45PM-18.30PM	SPIN 18.00PM-18.30PM	SPINFIT 17.45PM-18.30PM		
BUTTS&GUTS 18.35PM-19.05PM	HIIT 18.35PM-19.05PM	KETTLEBELLS 18.35PM-19.05PM	STRENGTH & CONDITIONING 18.35PM-19.05PM	FULLBODY 18.35PM-19.05PM		
SPIN 19.10-19.40PM	SPIN 19.10-19.40PM	SPIN 19.10-19.40PM				