

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.00							
07.00	Spinning Dean 45 min	Spinning Dean 45 min	Spinning Dean 45 min	Spinning Dean 45 min	Spinning Dean 45 min		
08.00							
09.00						Spinning Circuits Emma 60 min	
10.00	Express Class 30 min				Express Class 30 min		
11.00			Express Class 30 min				
12.00			Express Class 30 min		Express Class 30 min		
13.00	Yoga 45 min			Hot Yoga 45 min			
14.00	Express Class 30 min	Express Class 30 min					
15.00							
16.00							
17.00			Express Class 30 min	Express Class 30 min			
18.00				Express Class 30 min			
19.00		Hot Yoga 60 min		Yoga 60 min			
20.00							

ALL SPINNING & EXPRESS CLASSES ARE FREE TO MEMBERS  
 YOGA CLASSES ARE CHARGED AT A DISCOUNTED RATE TO MEMBERS