



# CLASS TIMETABLE 2019



**MONDAY** **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY** **SATURDAY**

**6.45AM**

**SPIN  
BLAST**

**CIRCUIT  
TRAINING**

**SPIN  
BLAST**

**CIRCUIT  
TRAINING**

**SPIN  
BLAST**



**9.30AM**



**SPIN  
45 MINS**



**SPIN  
45 MINS**

**BOX & PUMP  
45MINS**

**SPIN BLAST  
40MINS**

**10.00AM**



**4.00PM**



**6.30PM**

**CIRCUIT  
TRAINING**

**SPIN  
40 MINS**

**KETTLEBELLS  
45 MINS**

**SPIN  
40 MINS**



**7.00PM**



**KIDS FUN  
HOUR**



**7.15PM**

**SPIN  
40 MINS**

**TRANQUIL  
MIND & BODY**



**AQUAFIT  
30MINS**



**8.00PM**

