

	06:00	08:00	10:00	12:00	13:00	16:00	19:00
Monday	SPIN	CIRCUITS		PILATES	SPIN		CIRCUITS
Tuesday	SPIN	CIRCUITS		PILATES	SPIN		CIRCUITS
Wednesday	SPIN	CIRCUITS		PILATES	SPIN		
Thursday	SPIN	CIRCUITS		PILATES	SPIN		CIRCUITS
Friday	SPIN	CIRCUITS		PILATES	SPIN		CIRCUITS
Saturday	SPIN	CIRCUITS	SPIN	PILATES	SPIN		CIRCUITS
Sunday	SPIN		SPIN		SPIN	CIRCUITS	