

Maximum 14 places available per class

SPINNING® is an intense yet low-impact workout on a stationary bike.

TORCH 400-500 CALORIES
a session while maintaining the ability to go at your own pace!

<u>DATE</u>	<u>TIME</u>	<u>LEVEL</u>
MONDAY	1.15-1.45pm	Beginner
	6.15—7.00pm	Beginner
	7.15- 8.00pm	Intermediate
	9.35—10.30am	Advanced
TUESDAY	11.00—11.30am	Intermediate
	5.35—6.00pm	Beginner
	6.15—7.00pm	Intermediate
WEDNESDAY	1.15-1.45pm	Beginner
	6.25—7.10pm	Intermediate
THURSDAY	11.00—11.30am	Beginner
	7.15—7.45pm	Beginner
FRIDAY	9.35—10.15am	Advanced
	11.00—11.30am	Intermediate

Please refer to studio timetable for all other classes