

SPIN TIMETABLE

	6:15 a.m.	8:30 a.m.	9:30 a.m.	12:10 p.m.	4:00 p.m.	5:30 p.m.	6:00 p.m.	6:30 p.m.
MONDAY	Cycle Katherine					Cycle Alenka		Cycle Darren
TUESDAY			Cycle Karma	Topride Claudia			Topride Trish	
WEDNESDAY	Cycle Alenka					Topride Anne		
THURSDAY			Cycle Julie	Cycle Darren				
FRIDAY	Cycle Katheren							
SATURDAY		Topride Trish	Cycle Katherine					
SUNDAY					Cycle Darren			

Cycle / Topride: This is a group exercise cycle class set to the beat of motivating music. Feel the burn as your instructor takes you on a journey including hill climbs, sprints and interval training.