

BLANCHARDSTOWN CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING							
	9.30AM-10.15AM POWER SPIN	9.30AM-10.15AM STRENGTH & CONDITIONING	9.30AM-10.15AM POWER SPIN	9.30AM-10.15AM CIRCUIT		9.30AM-10.15AM POWER SPIN	

EVENING	6.00PM-6.45PM POWER SPIN	6.00PM-6.45PM CIRCUIT	6.00PM-6.45PM POWER SPIN		
	7.00PM-7.45PM STRENGTH & CONDITIONING	7.00PM-7.30PM ASS & ABS	7.00PM-7.20PM ABS BLAST	6.30PM-7.00PM STRENGTH & CONDITIONING	

NOTES

- Classes places are first come first served. No Booking Required.
- All classes are subject to change.
- Limited amount of places on each class.
- Please notify the class instructors on any medical condition and pregnancies.
- SPIN Bike Attire – Only Shorts & Leggings permitted NO Track Suit bottoms.