

## CARLISLE CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6.30AM-7.00AM SPIN HIIT		6.30AM-7.15AM POWER SPIN		6.30AM-7.15AM POWER SPIN		
	9.30AM-10.15AM STRENGTH & CONDITIONING	9.30AM-10.15AM POWER SPIN	9.30AM-10.15AM POWER SPIN	9.30AM-10.15AM POWER SPIN	9.30AM-10.15AM STRENGTH & CONDITIONING	9.30AM-10.15AM CIRCUIT	
	10.30AM-11.15AM SPIN & ABS	10.30AM-11.15AM STRENGTH & CONDITIONING	10.30AM-11.15AM CIRCUIT	10.30AM-11.15AM STRENGTH & CONDITIONING	10.30AM-11.00AM ASS & ABS	10.30AM-11.15AM SPIN & ABS	

EVENING	5.30PM-6.15PM POWER SPIN	5.30PM-6.15PM STRENGTH & CONDITIONING	5.30PM-6.15PM POWER SPIN	5.30PM-6.00PM SPIN HIIT	5.30PM-6.15PM POWER SPIN
	6.30PM-7.00PM ASS & ABS	6.30PM-7.15PM POWER SPIN	6.30PM-7.15PM STRENGTH & CONDITIONING	6.30PM-7.00PM HIIT CIRCUIT	6.30PM-7.15PM CIRCUIT
	7.30PM-8.15PM 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.