



# CLASS TIMETABLE - From July 27th 2009

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Classes</b>				
7:15am <b>SPINNING</b> 45mins	10:15am <b>SPIN &amp; GYM</b> 45mins	7:15am <b>SPINNING</b> 45mins	10:15am <b>SPIN &amp; GYM</b> 45mins	7:15am <b>SPINNING</b> 45mins
<b>Evening Classes</b>				
5:15pm <b>BEGINNERS SPINNING</b> 30 mins	6:30pm <b>SPINNING</b> 45 mins	5:15pm <b>BEGINNERS SPINNING</b> 30 mins	6:45pm <b>SPIN &amp; GYM</b> 45 mins	6:30pm <b>SPIN &amp; GYM</b> 45 mins
7:30 pm <b>RUNNING GROUP</b> 1 Hour	8:00pm <b>ADULT SWIMMING LESSON</b> 6 Week Course	7:00pm <b>AEROBICS</b> 45 mins		
9:00pm <b>MASTER SWIMMING</b> 35 mins		8:00pm <b>CORE CONDITIONING</b> 45 mins		

**ALL FITNESS CLASSES  
ARE INCLUDED IN  
MEMBERSHIP**