



# SPIN STUDIO TIMETABLES

Day	Time	Class
Monday	6.30 – 7:00am	Spin CBC
	9.30 – 10:15am	Spin CBC
	11:30-12:15	Spin CBC
	12:30-1:15pm	Spin CBC
	5:30-6:15pm	Spin CBC
	6:30-7:15pm	Spin CBC
	7:30-8:15pm	Virtual Spin
Tuesday	9:30-10:15	Ladies only CBC
	12:00-12:45pm	Spin CBC
	5:30-6:15pm	Spin CBC
	6:30-7:15pm	Spin CBC
	7:30-8:15pm	Virtual Spin
Wednesday	6:30-7:15am	Spin CBC
	11:15-12:00	Spin CBC
	12:15-1:00pm	Spin CBC
	5:30-6:15pm	Spin CBC
	6:45-7:30pm	Spin CBC
	7:45-8:30pm	Virtual Spin
<b>KEY:</b>	<b>SPIN CBC =</b>	<b>Coach By Colour</b>
	<b>Spin Test=</b>	<b>Fitness test</b>
	<b>Virtual Spin =</b>	<b>Virtual instructor &amp; routes!</b>

Day	Time	Class
Thursday	9:30-10:15am	Spin CBC
	11:00-11:45am	Spin CBC
	12:15-1:00pm	Spin CBC
	5:30-6:15pm	Spin CBC
	6:30-7:15pm	Spin CBC
	7:30-8:00pm	Virtual Spin
	Friday	6:30-7:15am
9:30-10:15am		Spin CBC
10:30-11:15am		Spin CBC
5:30-6:15pm		Spin CBC
6:30-7:15pm		Spin CBC
Saturday	7:30-8:15pm	Virtual Spin
	8:15-9:00am	Spin CBC
	9:30-10:00am	Spin TEST
	10:15-11:00am	Spin CBC
	11:15-12:00	Spin CBC
Sunday	2:00-2:30pm	Spin Test
	9:00-9:45am	Spin CBC



**CRAVEN  
LEISURE**