

# TIMETABLE



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
MORNING	6.15-12.00	6.30 - 7.15 SPIN STUDIO	SPIN	7.00 - 7.45 SPIN STUDIO	VIRTUAL SPIN	6.30 - 7.15 SPIN STUDIO	SPIN	7.00 - 7.45 SPIN STUDIO	SPIN	6.15 - 7.00 SPIN STUDIO	SPIN	9.00 - 9.45 SPIN STUDIO	VIRTUAL SPIN	9.00 - 9.45 SPIN STUDIO	VIRTUAL SPIN
		6.15 - 7.00 GYM FLOOR	SWEAT FEST	8.00 - 8.45 SPIN STUDIO	VIRTUAL SPIN	8.00 - 8.45 SPIN STUDIO	VIRTUAL SPIN	8.00 - 8.45 SPIN STUDIO	VIRTUAL SPIN	8.00 - 8.45 SPIN STUDIO	VIRTUAL SPIN	10.00 - 10.45 SPIN STUDIO	SPIN	10.00 - 10.45 SPIN STUDIO	SPIN
		8.00 - 8.45 SPIN STUDIO	VIRTUAL SPIN	9.00 - 9.45 SPIN STUDIO	VIRTUAL SPIN	9.00 - 9.45 SPIN STUDIO	VIRTUAL SPIN	9.00 - 9.45 SPIN STUDIO	VIRTUAL SPIN	9.00 - 9.45 SPIN STUDIO	VIRTUAL SPIN	11.00 - 11.45 SPIN STUDIO	VIRTUAL SPIN	11.00 - 11.45 SPIN STUDIO	VIRTUAL SPIN
		9.00 - 9.45 SPIN STUDIO	VIRTUAL SPIN	10.00 - 10.45 SPIN STUDIO	SPIN	10.00 - 10.45 SPIN STUDIO	VIRTUAL SPIN	10.00 - 10.45 SPIN STUDIO	VIRTUAL SPIN	10.00 - 10.45 SPIN STUDIO	RETRO SPIN				
		10.00 - 10.45 SPIN STUDIO	VIRTUAL SPIN	11.00 - 11.45 SPIN STUDIO	VIRTUAL SPIN	11.00 - 11.45 SPIN STUDIO	VIRTUAL SPIN	11.00 - 11.45 SPIN STUDIO	VIRTUAL SPIN	11.00 - 11.45 SPIN STUDIO	VIRTUAL SPIN				
		11.00 - 11.45 SPIN STUDIO	VIRTUAL SPIN												
DAYTIME	12.00-17.00	12.00 - 12.45 SPIN STUDIO	VIRTUAL SPIN	12.00 - 12.45 SPIN STUDIO	VIRTUAL SPIN	12.00 - 12.45 SPIN STUDIO	VIRTUAL SPIN	12.00 - 12.45 SPIN STUDIO	VIRTUAL SPIN	12.00 - 12.45 SPIN STUDIO	VIRTUAL SPIN	12.00 - 12.45 SPIN STUDIO	VIRTUAL SPIN	12.00 - 12.45 SPIN STUDIO	VIRTUAL SPIN
		13.00 - 13.45 SPIN STUDIO	VIRTUAL SPIN	13.00 - 13.45 SPIN STUDIO	VIRTUAL SPIN	13.00 - 13.45 SPIN STUDIO	VIRTUAL SPIN	13.00 - 13.45 SPIN STUDIO	VIRTUAL SPIN	13.00 - 13.45 SPIN STUDIO	VIRTUAL SPIN	13.00 - 13.45 SPIN STUDIO	VIRTUAL SPIN	13.00 - 13.45 SPIN STUDIO	VIRTUAL SPIN
		14.00 - 14.45 SPIN STUDIO	VIRTUAL SPIN	14.00 - 14.45 SPIN STUDIO	VIRTUAL SPIN	14.00 - 14.45 SPIN STUDIO	VIRTUAL SPIN	14.00 - 14.45 SPIN STUDIO	VIRTUAL SPIN	14.00 - 14.45 SPIN STUDIO	VIRTUAL SPIN	14.00 - 14.45 SPIN STUDIO	VIRTUAL SPIN	14.00 - 14.45 SPIN STUDIO	VIRTUAL SPIN
		15.00 - 15.45 SPIN STUDIO	VIRTUAL SPIN	15.00 - 15.45 SPIN STUDIO	VIRTUAL SPIN	15.00 - 15.45 SPIN STUDIO	VIRTUAL SPIN	15.00 - 15.45 SPIN STUDIO	VIRTUAL SPIN	15.00 - 15.45 SPIN STUDIO	VIRTUAL SPIN	15.00 - 15.45 SPIN STUDIO	VIRTUAL SPIN	15.00 - 15.45 SPIN STUDIO	VIRTUAL SPIN
		16.00 - 16.45 SPIN STUDIO	VIRTUAL SPIN	16.00 - 16.45 SPIN STUDIO	VIRTUAL SPIN	16.00 - 16.45 SPIN STUDIO	VIRTUAL SPIN	16.00 - 16.45 SPIN STUDIO	VIRTUAL SPIN	16.00 - 16.45 SPIN STUDIO	VIRTUAL SPIN	16.00 - 16.45 SPIN STUDIO	VIRTUAL SPIN	16.00 - 16.45 SPIN STUDIO	VIRTUAL SPIN
EVENING	17.00-21.00	17.00 - 17.45 SPIN STUDIO	VIRTUAL SPIN	17.00 - 17.45 SPIN STUDIO	VIRTUAL SPIN	17.00 - 17.45 SPIN STUDIO	VIRTUAL SPIN	17.00 - 17.45 SPIN STUDIO	VIRTUAL SPIN	17.00 - 17.45 SPIN STUDIO	SPIN	17.00 - 17.45 SPIN STUDIO	VIRTUAL SPIN	17.00 - 17.45 SPIN STUDIO	VIRTUAL SPIN
		18.00 - 18.45 SPIN STUDIO	SPIN	18.00 - 18.45 SPIN STUDIO	VIRTUAL SPIN	18.00 - 18.45 SPIN STUDIO	SPIN	18.00 - 18.45 SPIN STUDIO	VIRTUAL SPIN	18.00 - 18.45 SPIN STUDIO	VIRTUAL SPIN	18.00 - 18.45 SPIN STUDIO	VIRTUAL SPIN	18.00 - 18.45 SPIN STUDIO	VIRTUAL SPIN
		19.00 - 19.45 SPIN STUDIO	VIRTUAL SPIN	18.30 - 19.15 SPIN STUDIO	SWEAT FEST	18.30 - 19.00 CANOPY	BOX FITNESS	19.00 - 19.45 SPIN STUDIO	SPIN	19.00 - 19.45 SPIN STUDIO	VIRTUAL SPIN				
		19.00 - 19.30 CANOPY	BOX FITNESS	19.00 - 19.45 SPIN STUDIO	SPIN	19.00 - 19.45 SPIN STUDIO	BEGINNERS SPIN	20.00 - 20.45 SPIN STUDIO	VIRTUAL SPIN	20.00 - 20.45 SPIN STUDIO	VIRTUAL SPIN				
		20.00 - 20.45 SPIN STUDIO	VIRTUAL SPIN	20.00 - 20.45 SPIN STUDIO	VIRTUAL SPIN	20.00 - 20.45 SPIN STUDIO	VIRTUAL SPIN								

- INSTRUCTOR LED GROUP CYCLING CLASS
- BOX FITNESS
- RETRO SPIN
- VIRTUAL SPIN CLASS BY SPIN
- SWEAT FEST
- BEGINNERS SPIN

CLASSES ARE BOOKABLE 7 DAYS IN ADVANCE VIA THE RISE FITNESS CLUBS APP.  
PLEASE ENSURE YOU TURN UP ON TIME OR YOU MAY BE REFUSED ENTRY. THIS TIMETABLE MAY BE SUBJECT TO CHANGE.