

CLASS TIMES

CLASS TIMES MAY CHANGE IN THE FUTURE

Monday

9:30 - 10:30am 20 – 20 – 20 with Helen
12:10 - 12:40pm Quick Spin with Helen
5:00 - 5:45pm Spinning with Helen
6:00 - 6:45pm Spinning with Helen

Tuesday

9:30 - 10:30am Kettlebells with Helen
2:00 - 2:30pm Beginners Spin with Dave
6:00 - 7:00pm Kettlebells (Oct – Mar) with Dave

Wednesday

9:30 - 10:30am Circuit with Helen
12:10 - 12:40pm Quick Spin with Helen
2:00 - 2:30pm Senior Classes with Helen
5:30 - 6:15pm Spinning with Dave (Oct – Mar)

Thursday

6:00 - 6:45pm Spinning with Dave

Friday

9:30 – 10:30am Advanced Spinning with Julie

Saturday

9:30 - 10:30am Spinning with Simon

