

CANBERRA FITNESS CENTRE
CLASS TIMETABLE

MONDAY

SPINNING	6.15 AM – 7.00 AM	DAN
20-20-20	9.30 AM – 10.30 AM	DAN
SPINNING	5.00 PM – 5.45 PM	DAN
SPINNING	6.00 PM – 6.45 PM	DAN

TUESDAY

AB. ATTACK	9.30 AM – 10.30 AM	JULIE
QUICK SPIN	12.10 PM – 12.40 PM	DAN
KETTLEBELLS	6.00 PM – 7.00 PM	DAN

WEDNESDAY

CIRCUIT	9.30 AM – 10.30 AM	JULIE
QUICK SPIN	12.10 PM – 12.40 PM	JULIE
SENIOR CLASS	2.15 PM – 2.45 PM	DAN
SPINNING	5.30 PM – 6.15 PM	DAN

THURSDAY

SPINNING	5.30 PM – 6.15 PM	DAN
----------	-------------------	-----

FRIDAY

SPINNING	9.30 AM – 10.15 AM	DAN
----------	--------------------	-----

SATURDAY

SPINNING	9.30 AM – 10.30 AM	JULIE
----------	--------------------	-------