

SPIN CLASS TIMETABLE

BOOKING IS ESSENTIAL - TO BOOK A CLASS PLEASE:

- Download our App; Technogym from the App Store or Play Store
- Visit our website www.breedonprioryhealthclub.co.uk
- Speak to a member of staff in reception

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.15-7.00 Studio Coach - get powerful	6.15-7.00 Scenic Coach - burn calories	6.15-7.00 Scenic Coach - get stronger	6.15-7.00 Studio Coach - get faster	6.15-6.45 Instructor Led - CBC Spin	8.00-8.45 Scenic Coach - get faster	8.30-9.15 Instructor Led - classic spin
7.15-7.45 Scenic Coach - get stronger	7.15-7.45 Studio Coach - get powerful	7.15-7.45 Studio Coach - get powerful	7.15-8.00 Scenic Coach - get fitter	7.00-7.45 Scenic Coach - burn calories	9.00-9.45 Scenic Coach - get stronger	9.30-10.30 Scenic Coach - burn calories
8.00-8.45 Studio Coach - get powerful	8.00-8.45 Studio Coach - get faster	8.00-8.45 Scenic Coach - get fitter	8.15-9.15 Scenic Coach - get powerful	8.00-8.45 Studio Coach - get stronger	10.00-11.00 Studio Coach - burn calories	10.45-11.30 Scenic Coach - get powerful
9.00-9.45 Scenic Coach - get fitter	9.00-9.45 Scenic Coach - get fitter	9.00-9.45 Studio Coach - burn calories	9.30-10.15 Instructor Led - Classic Spin	9.00-9.45 Studio Coach - get fitter	11.15-11.45 Scenic Coach - get faster	11.45-12.30 Studio Coach - get stronger
10.00-10.45 Studio Coach - burn calories	10.00-10.45 Scenic Coach - get stronger	10.00-10.45 Scenic Coach - get faster	11.00-11.45 Studio Coach - get powerful	10.00-10.45 Scenic Coach - get faster	12.00-12.45 Scenic Coach - get powerful	12.45-13.45 Studio Coach - get faster
11.00-11.30 Scenic Coach - get powerful	11.00-11.45 Studio Coach - burn calories	11.00-11.45 Studio Coach - get powerful	12.00-12.45 Scenic Coach - get stronger	11.00-11.45 Scenic Coach - burn calories	13.00-13.45 Studio Coach - get fitter	14.00-14.45 Scenic Coach - get fitter
11.45-12.45 Scenic Coach - get stronger	12.00-12.45 Studio Coach - get faster	12.00-12.45 Studio Coach - get faster	13.00-13.45 Scenic Coach - burn calories	12.00-12.45 Scenic Coach - get faster	14.00-14.45 Scenic Coach - get stronger	
13.00-13.45 Studio Coach - get faster	13.00-13.45 Scenic Coach - get fitter	13.00-13.45 Scenic Coach - burn calories	14.00-14.45 Scenic Coach - get powerful	13.00-13.45 Studio Coach - get powerful		
14.00-14.45 Scenic Coach - get fitter	14.00-14.45 Scenic Coach - get powerful	14.00-14.45 Scenic Coach - get powerful	15.00-15.45 Scenic Coach - burn calories	14.00-14.45 Studio Coach - get stronger		
15.00-15.45 Scenic Coach - burn calories	15.00-15.45 Studio Coach - get fitter	15.00-15.45 Studio Coach - get stronger	16.00-16.45 Studio Coach - get stronger	15.00-15.45 Scenic Coach - burn calories		
16.00-16.45 Studio Coach - get stronger	16.00-16.45 Scenic Coach - get powerful	16.00-16.45 Scenic Coach - get faster	17.00-17.45 Scenic Coach - get fitter	16.00-16.45 Scenic Coach - get faster		
17.00-18.00 Studio Coach - get powerful	17.30-18.00 Instructor Led - Classic Spin	17.00-17.45 Studio Coach - burn calories	18.00-18.30 Scenic Coach - get powerful	17.00-17.45 Scenic Coach - get stronger		
18.15-19.00 Instructor Led - CBC Spin	18.15-18.45 Studio Coach - get stronger	18.00-19.00 Scenic Coach - get faster	18.45-19.45 Studio Coach - get faster	18.00-19.00 Scenic Coach - get powerful		
19.15-20.00 Scenic Coach - get stronger	19.00-19.45 Scenic Coach - burn calories	19.15-19.45 Scenic Coach - get powerful				

**Members are expected to arrive
at least 5 minutes prior to
the class start time.**

