

# 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](http://www.breedonprioryhealthclub.co.uk)
- Speak to a member of staff in reception

### Monday

**6.15-7.00**  
Studio Coach - get powerful

**7.15-7.45**  
Scenic Coach - get stronger

**8.00-8.45**  
Studio Coach - get powerful

**9.00-9.45**  
Scenic Coach - get fitter

**10.00-10.45**  
Studio Coach - burn calories

**11.00-11.30**  
Scenic Coach - get powerful

**11.45-12.45**  
Scenic Coach - get stronger

**13.00-13.45**  
Studio Coach - get faster

**14.00-14.45**  
Scenic Coach - get fitter

**15.00-15.45**  
Scenic Coach - burn calories

**16.00-16.45**  
Studio Coach - get stronger

**17.00-18.00**  
Studio Coach - get powerful

**18.15-19.00**  
Instructor Led - CBC Spin

**19.15-20.00**  
Scenic Coach - get stronger

### Tuesday

**6.15-7.00**  
Scenic Coach - burn calories

**7.15-7.45**  
Studio Coach - get powerful

**8.00-8.45**  
Studio Coach - get faster

**9.00-9.45**  
Scenic Coach - get fitter

**10.00-10.45**  
Scenic Coach - get stronger

**11.00-11.45**  
Studio Coach - burn calories

**12.00-12.45**  
Studio Coach - get faster

**13.00-13.45**  
Scenic Coach - get fitter

**14.00-14.45**  
Scenic Coach - get powerful

**15.00-15.45**  
Studio Coach - get fitter

**16.00-16.45**  
Scenic Coach - get powerful

**17.00-18.00**  
Studio Coach - get faster

**18.15-18.45**  
Studio Coach - get stronger

**19.00-19.30**  
Instructor Led - Classic Spin

### Wednesday

**6.15-7.00**  
Scenic Coach - get stronger

**7.15-7.45**  
Studio Coach - get powerful

**8.00-8.45**  
Scenic Coach - get fitter

**9.00-9.45**  
Studio Coach - burn calories

**10.00-10.45**  
Scenic Coach - get faster

**11.00-11.45**  
Studio Coach - get powerful

**12.00-12.45**  
Studio Coach - get faster

**13.00-13.45**  
Scenic Coach - burn calories

**14.00-14.45**  
Scenic Coach - get powerful

**15.00-15.45**  
Studio Coach - get stronger

**16.00-16.45**  
Scenic Coach - get faster

**17.00-17.45**  
Studio Coach - burn calories

**18.00-19.00**  
Scenic Coach - get faster

**19.15-19.45**  
Scenic Coach - get powerful

### Thursday

**6.15-7.00**  
Studio Coach - get faster

**7.15-8.00**  
Scenic Coach - get fitter

**8.15-9.15**  
Scenic Coach - get powerful

**9.30-10.30**  
Studio Coach - Get Faster

**11.00-11.45**  
Studio Coach - get powerful

**12.00-12.45**  
Scenic Coach - get stronger

**13.00-13.45**  
Scenic Coach - burn calories

**14.00-14.45**  
Scenic Coach - get powerful

**15.00-15.45**  
Scenic Coach - burn calories

**16.00-16.45**  
Studio Coach - get stronger

**17.00-17.45**  
Scenic Coach - get fitter

**18.00-18.30**  
Scenic Coach - get powerful

**18.45-19.45**  
Studio Coach - get faster

### Friday

**6.15-6.45**  
Instructor Led - CBC Spin

**7.00-7.45**  
Scenic Coach - burn calories

**8.00-8.45**  
Studio Coach - get stronger

**9.00-10.00**  
Studio Coach - get fitter

**11.00-11.45**  
Scenic Coach - burn calories

**12.00-12.45**  
Scenic Coach - get faster

**13.00-13.45**  
Studio Coach - get powerful

**14.00-14.45**  
Studio Coach - get stronger

**15.00-15.45**  
Scenic Coach - burn calories

**16.00-16.45**  
Scenic Coach - get faster

**17.00-17.45**  
Scenic Coach - get stronger

**18.00-19.00**  
Scenic Coach - get powerful

### Saturday

**8.00-8.45**  
Scenic Coach - get faster

**9.00-9.45**  
Scenic Coach - get stronger

**10.00-11.00**  
Studio Coach - burn calories

**11.15-11.45**  
Scenic Coach - get faster

**12.00-12.45**  
Scenic Coach - get powerful

**13.00-13.45**  
Studio Coach - get fitter

**14.00-14.45**  
Scenic Coach - get stronger

### Sunday

**8.30-9.15**  
Instructor Led - classic spin

**9.30-10.30**  
Scenic Coach - burn calories

**10.45-11.30**  
Scenic Coach - get powerful

**11.45-12.30**  
Studio Coach - get stronger

**12.45-13.45**  
Studio Coach - get faster

**14.00-14.45**  
Scenic Coach - get fitter

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

