



BREEDON PRIORY
HEALTH CLUB

SPIN CLASS
TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 6.15 - 7.00 Get Powerful	 6.15 - 7.00 Burn Calories	 6.15 - 7.00 Get Stronger	 6.15 - 7.00 Get Faster	 6.15 - 6.45 CBC Spin
 7.15 - 7.45 Get Stronger	 7.15 - 7.45 Get Powerful	 7.15 - 7.45 Get Powerful	 7.15 - 8.00 Get Fitter	 7.00 - 7.45 Burn Calories
 8.00 - 8.45 Get Powerful	 8.00 - 8.45 Get Faster	 8.00 - 8.45 Get Fitter	 8.15 - 9.15 Get Powerful	 8.00 - 8.45 Get Stronger
 9.15 - 10.00 Classic Spin	 9.00 - 9.45 Get Fitter	 9.00 - 9.45 Burn Calories	 9.30 - 10.30 Get Faster	 9.00 - 10.00 Get Fitter
 11.00 - 11.30 Get Powerful	 10.00 - 10.45 Get Stronger	 10.00 - 10.45 Get Faster	 11.00 - 11.45 Get Powerful	 11.00 - 11.45 Burn Calories
 11.45 - 12.45 Get Stronger	 11.00 - 11.45 Burn Calories	 11.00 - 11.45 Get Powerful	 12.00 - 12.45 Get Stronger	 12.00 - 12.45 Get Faster
 13.00 - 13.45 Get Faster	 13.00 - 13.45 Get Fitter	 12.00 - 12.45 Get Faster	 13.00 - 13.45 Burn Calories	 13.00 - 13.45 Get Powerful
 14.00 - 14.45 Get Fitter	 14.00 - 14.45 Get Powerful	 13.00 - 13.45 Burn Calories	 14.00 - 14.45 Get Powerful	 14.00 - 14.45 Get Stronger
 15.00 - 15.45 Burn Calories	 15.00 - 15.45 Get Fitter	 14.00 - 14.45 Get Powerful	 15.00 - 15.45 Burn Calories	 15.00 - 15.45 Burn Calories
 16.00 - 16.45 Get Stronger	 16.00 - 16.45 Get Powerful	 15.00 - 15.45 Get Stronger	 16.00 - 16.45 Get Stronger	 16.00 - 16.45 Get Faster
 17.00 - 18.00 Get Powerful	 17.00 - 18.00 Get Faster	 16.00 - 16.45 Get Faster	 17.00 - 17.45 Get Fitter	 17.00 - 17.45 Get Stronger
 18.15 - 19.00 CBC Spin	 18.15 - 18.45 Get Stronger	 17.00 - 17.45 Burn Calories	 18.00 - 18.30 Get Powerful	 18.00 - 18.30 Get Powerful
 19.15 - 20.00 Get Stronger	 19.00 - 19.30 Classic Spin	 18.15 - 18.45 Classic Spin	 19.30 - 20.00 Classic Spin	
		 19.15 - 19.45 Get Powerful		

SATURDAY	SUNDAY
 8.00 - 8.45 Get Faster	 8.30 - 9.15 Classic Spin
 9.00 - 9.45 Get Stronger	 9.30 - 10.30 Burn Calories
 10.00 - 11.00 Burn Calories	 10.45 - 11.30 Get Powerful
 11.15 - 11.45 Get Faster	 11.45 - 12.30 Get Stronger
 12.00 - 12.45 Get Powerful	 12.45 - 13.45 Get Faster
 13.00 - 13.45 Get Fitter	 14.00 - 14.45 Get Fitter
 14.00 - 14.45 Get Stronger	



Members are kindly asked to arrive at least 5 minutes before the class start time, as late arrival may result in being unable to participate in the class.



Please note:
Timetable is subject to change. Please check the Technogym app for the most up to date information.

DISCOVER MORE

Look out for our monthly pop ups and workshops promoted throughout the club, on the Technogym app and by our instructing team.

BOOK CLASSES

Book Via the Technogym app



SCENIC COACH
Virtual Scenic Ride



STUDIO COACH
Virtual Coached Ride



INSTRUCTOR LED
Live Instructor

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