


SPIN TIMETABLE

DW


Fitness First

MONDAY


SPIN

 06.10 - 06.55

SPIN

 09.30 - 10.15


SPIN

 13.15 - 13.50

SPIN

 17.30 - 18.15

SPIN

 18.20 - 19.05

*FGT & SGT will take place on the gym floor.

SPIN TIMETABLE

DW

Fitness First

TUESDAY

SPIN



06.45 - 07.30

SPIN



13.15 - 13.50

SPIN



17.30 - 18.15

*FGT & SGT will take place on the gym floor.


SPIN TIMETABLE

DW


Fitness First

WEDNESDAY


SPIN

 06.10 - 06.55


SPIN

 09.30 - 10.15

SPIN

 13.15 - 13.50

RPM

 17.30 - 18.15

*FGT & SGT will take place on the gym floor.

SPIN TIMETABLE

DW

Fitness First

THURSDAY

RPM



07.00 - 07.45

SPIN



13.15 - 13.50

SPIN



17.30 - 18.15

SPIN



18.20 - 19.05

*FGT & SGT will take place on the gym floor.


SPIN TIMETABLE

DW


Fitness First

FRIDAY


SPIN

 06.10 - 06.55


RPM

 07.00 - 07.45


SPIN

 09.30 - 10.15

SPIN

 13.15 - 13.50

SPIN

 17.30 - 18.15

*FGT & SGT will take place on the gym floor.

SPIN TIMETABLE

DW

Fitness First

SATURDAY

SPIN



09.30 - 10.15

*FGT & SGT will take place on the gym floor.

SPIN TIMETABLE

DW

Fitness First

SUNDAY

SPIN



09.30 - 10.30

RPM



11.00 - 12.00

*FGT & SGT will take place on the gym floor.