



*Fitness First*

# SPIN TIMETABLE

## J E R S E Y

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:30- 10:15 Andrea	06:45 - 07:30 Jan	06:10 - 06:55 Terri	RPM 07:00 - 07:45 Jo	RPM 07:00 - 07:45 Jo	09:30 - 10:15 Andrea	09:30 - 10:30 Jan
13:15 - 13:50 Andrea	13:15 - 13:50 Tom	09:30 - 10:15 Andrea	13:15 - 13:50 Andrea	09:30 - 10:15 Andrea		11:00 - 12:00 Jo
17:30 - 18:15 Andrea		13:15 - 13:50 Tom	17:30 - 18:15 Emmi	17:30 - 18:15 Andrea		
		RPM 17:30 - 18:15 Jo				