



Fitness First

SPIN TIMETABLE

J E R S E Y

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