



*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	09.30 - 10.15 Andrea	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	13.15 - 13.50 Tom	13.15 - 13:50 Andrea	09.30 - 10.15 Andrea		11.00 - 12.00 Jo
17.30 - 18.15 Andrea	17.30 - 18.15 Andrea	RPM 17.30 - 18:15 Jo	17.30 - 18:15 Jan			