

Group Fitness & Cycling Timetable - Ashton

Monday			
Time	Class	Studio	Who
06:45-07:05	Virtual Sports	Spin	Virtual
07:05-07:25	Fat Burn	Spin	Virtual
09:00-09:20	Virtual Cardio	Spin	Virtual
11:00-11:20	Fat Burn	Spin	Virtual
12:00-12:20	Virtual Cardio	Spin	Virtual
15:00-15:40	Virtual Sports	Spin	Virtual
17:30-18:00	V Spin Express	Spin	Leisure
18:30-19:15	V Spin	Spin	Leisure

Tuesday			
Time	Class	Studio	Who
06:45-7:15	V Spin Express	Spin	Leisure
09:00-09:40	Virtual Sports	Spin	Virtual
11:00-11:20	Fat Burn	Spin	Virtual
12:00-12:40	Virtual Sports	Spin	Virtual
15:00-15:20	Fat Burn	Spin	Virtual
17:00-17:20	Virtual Cardio	Spin	Virtual
18:30-19:00	V Spin Express	Spin	Leisure
20:00-20:30	Fat Burn	Spin	Virtual

Wednesday			
Time	Class	Studio	Who
06:45-07:15	Fat Burn	Spin	Virtual
07:15-07:45	Virtual Sports	Spin	Virtual
09:00-09:20	Virtual Cardio	Spin	Virtual
13:15-13:35	Fat Burn	Spin	Virtual
17:30-18:00	V Spin Express	Spin	Leisure
18:30-19:15	V Spin	Spin	Leisure
20:30-20:50	Virtual Cardio	Spin	Virtual

Thursday			
Time	Class	Studio	Who
06:45-07:15	V Spin Express	Spin	Leisure
08:00-08:40	Fat Burn	Spin	Virtual
09:30-10:00	MySportif	Spin	Virtual
11:30-11:50	Virtual Cardio	Spin	Virtual
14:00-14:20	Virtual Sports	Spin	Virtual
15:00-15:30	Fat Burn	Spin	Virtual
17:00-17:20	MySportif	Spin	Virtual
17:30-18:00	V Spin Express	Spin	Leisure
18:30-19:15	V Spin	Spin	Leisure
20:00-20:40	Virtual Cardio	Spin	Virtual

Friday			
Time	Class	Studio	Who
06:45-07:15	Fat Burn	Spin	Virtual
07:15-07:45	V Spin Express	Spin	Leisure
09:00-09:20	Virtual Cardio	Spin	Virtual
11:00-11:45	V Spin	Spin	Leisure
14:00-14:20	Fat Burn	Spin	Virtual
17:00-17:30	V Spin Express	Spin	Leisure
18:30-18:50	Fat Burn	Spin	Virtual
19:00-19:40	MySportif	Spin	Virtual

Saturday			
Time	Class	Studio	Who
08:30-08:50	Fat Burn	Spin	Virtual
09:30-10:00	V Spin Express	Spin	Leisure
10:30-11:15	V Spin	Spin	Leisure
11:15-11:35	Teen Spin 11+	Spin	Virtual
13:00-13:20	Virtual Cardio	Spin	Virtual
14:00-14:20	Fat Burn	Spin	Virtual
16:00-16:20	Virtual Sports	Spin	Virtual
17:00-17:40	MySportif	Spin	Virtual
Sunday			
Time	Class	Studio	Who
08:00-08:20	Fat Burn	Spin	Virtual
09:30-10:15	V Spin	Spin	Leisure
10:30-10:50	Family Spin 11+	Spin	Virtual
13:30-13:50	Virtual Cardio	Spin	Virtual
15:00-15:40	Family Spin 11+	Spin	Virtual
16:00-16:30	MySportif	Spin	Virtual
17:00-17:40	Fat Burn	Spin	Virtual