

Spinning Studio



Day	Class	Instructor	Time
MONDAY	Revolution Spin	Jack	07:10 - 07:45
	Step It Up Spin	Angela	12:10 - 12:45
	Shred Spin	Helen	18:00 - 18:45
TUESDAY	Power Spin	Martin	07:10 - 07:45
	Fast & Furious	Jack	13:10 - 13:45
	Xtreme Spin	Aimie	17:45 - 18:30
WEDNESDAY	Velocity Spin	Donna	07:10 - 07:45
	Begin to Spin	Angela	13:10 - 13:45
	Pure Power Spin	Jack	17:45 - 18:30
THURSDAY	Virtual Spin	Spivi	06:15 - 07:00
	Superstar Spin	Jack	12:10 - 12:45
	Xtreme Spin	Aimie	17:45 - 18:30
FRIDAY	Shred Spin	Jack	07:10 - 07:45
	Endurance Spin	Shaz	12:10 - 12:45
SATURDAY	Virtual Spin	Spivi	09:30 - 10:20



FACEBOOK - /carrefourIOM



TWITTER- /carrefourIOM

Club classes can be booked in advance by club members via our website or Facebook page.

For the latest class information please visit our Facebook page or view the online schedule as classes may change at short notice. Non members welcome.

CLASSES SCHEDULE