

SPINNING TIMETABLE

BEGINS OCTOBER 2011

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9.15-10.00am					SPINNING	SPINNING	
11.00-11.45am			SPINNING				
6.30pm-7.15pm					SPINNING		
8.00-8.45PM	SPINNING		SPINNING				

10 WEEK COURSE-PLACES LIMITED
BOOK AT RECEPTION