



# Spinning Studio Timetable 2019

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday
7.00am	<b>Spin Class</b>		<b>Spin</b>		
	€5    €8		€5    €8		
1.15pm		<b>Express Spin</b>		<b>Express Spin</b>	<b>Spin &amp; Abs</b>
		€4    €8		€4    €8	€4    €8
6.30pm	<b>Spin Class</b>				
	€5    €8				
7.00pm				<b>Spin Class</b>	
				€5    €8	

<b>Spin Class: 45 minute Spinning Class</b>	
<b>Lunch Express Spin: 30 minute Spinning Class + 15 mins Abs on Fridays</b>	
<b>Member price per class</b>	<b>Non - member price per class</b>

**Classes must be pre booked by all attendees**  
**Booking window opens at 5pm the day before class and closes 1 hour before class commences**  
**If you are not attending class please cancel your place with a member of the Energize team**