



Stages - Spin Class Timetable



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:30							
06:00	Instructor Class	Instructor Class	Instructor Class	Instructor Class			
06:30							
07:00					Instructor Class		
07:30	Virtual - Tabata Vol 2	Virtual - Mix Vol 2	Virtual - City Heat	Virtual - Sprints n' Hills			
08:00						Instructor Class	
08:30							
09:00							Instructor Class
09:30	Virtual - Sprints N Climbs	Virtual - Tabata Vol 1	Virtual - Tabata Vol 2	Virtual - City Heat	Virtual - Dance Anthems - Vol 1	Virtual - Tabata 2	
10:00							
10:30							
11:00	Virtual - City Heat	Virtual - 2019 Tour De France - 1-4	Virtual - Sprints n' Hills	Virtual - Tabata 2	Virtual - Tour de France - 5-10	Virtual - Mix 1	Virtual - Tabata Vol 1
11:30							
12:00							
12:30	Virtual - Tabata	Virtual - City Heat	Virtual - Dance Anthems - Vol 1	Virtual - Mix 1	Instructor Class	Virtual - Sprints n' Hills	Virtual - Mix Vol 2
13:00							
13:30							
14:00	Virtual - 60's Mix	Virtual - Tabata Vol 2	Virtual - Tour de France - 5-10	Virtual - Dance Anthems Vol 1	Virtual - City Heat	Virtual - 60's Mix	Virtual - Sprints n' Hills
14:30							
15:00							
15:30	Virtual - Mix Vol 1	Virtual - 60's Mix	Virtual - Mix Vol 2	Virtual - Tabata 1	Virtual - Sprints n' Hills	Virtual - Dance Anthems Vol 1	Virtual - City Heat
16:00							
16:30							
17:00							
17:30	Instructor Class	Virtual - Mix Vol 1	Virtual - Tabata Vol 1	Virtual - Mix Vol 2	Virtual - Tabata Vol 2	Virtual - City Heat	Virtual - Dance Anthems Vol 1
18:00							
18:30							
19:00	Virtual - Dance Anthems Vol 1	Virtual - 2019 Tour De France - 5-10	Virtual - Mix Vol 1	Virtual - 60's Mix	Virtual - Mix Vol 2	Virtual - 2019 Tour De France - 1-4	Virtual - 60's Mix
19:30							
20:00							

** Virtual Classes can be booked ad hoc and even when in progress via the app to get stages data.