

NEW DIMENSIONS[®]

HEALTH CLUB

GROUP FITNESS ROOM

STUDIO 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.00am						
8.30am						SEE SPIN TIMETABLE
9.30am		SEE SPIN TIMETABLE				
10.30am			SEE MIND & BODY TIMETABLE			
4.30pm						
5.30pm						
6.30pm						
7.30pm						

MIND AND BODY STUDIO

STUDIO 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9.30am						
10.30am						
5.30pm						
6.30pm						
7.30pm						

SPIN ROOM

STUDIO 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.30am						
5.30pm						
6.30pm						
7.30pm						