



Spin Studio Programme

VALID FROM APRIL 2025

MONDAY

7.00am - 7.45am Uvie
9.30am - 10.15am Richard/Lucy
6.00pm - 6.45pm Lucy
7.00pm - 7.45pm Julia

TUESDAY

9.30am - 10.15am Lucy
6.00pm - 6.45pm Claire (NEW TIME)
7.00pm - 7.45pm Claire (NEW TIME)

WEDNESDAY

7.00am - 7.45am Lucy
9.30am - 10.15am Lucy
6.00pm - 6.45pm Carin
7.00pm - 7.45pm Carin

THURSDAY

9.30am - 10.15am Claire
6.00pm - 6.45pm Lucy

FRIDAY

7.00am - 7.45am Claire
9.30am - 10.15am Claire

SATURDAY

10.30am - 11.15am Richard
11.30am - 12.15pm Richard

SUNDAY

10.00am - 10.45am Ian/Claire

**LBRUT
Sports**

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