



Spin Studio Programme

Valid from 4 January 2022

MONDAY

7.00am – 7.45am Carin
9.30am – 10.15am Richard/Lucy
6.00pm – 6.45pm Lucy
7.00pm – 7.45pm Julia

TUESDAY

9.30am – 10.15am Lucy
6.30pm – 7.15pm Claire
7.30pm – 8.15pm Claire

WEDNESDAY

7.00am – 7.45am Lucy
9.30am – 10.15am Lucy
6.00pm – 6.45pm Carin (NEW)
7.00pm – 7.45pm Carin

THURSDAY

9.30am – 10.15am Mara
5.30pm – 6.15pm Carin
6.30pm – 7.15pm Carin

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

**PROGRAMME IS SUBJECT TO GOVERNMENT
GUIDELINES AND MAY BE SUBJECT TO CHANGE.**

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