




www.healthybalancedgeneration.co.uk  
 T: 01293 884 968  
 E: healthybalancedgeneration@bam.co.uk



## Maidenbower Group Spin Classes January 2012



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:45 – 07:30				Early Bird Spin 			
07:00 – 07:45	Early Bird Spin 						
09:00 – 09:45							Beginners Spin
09:15 - 10:00					Beginners Spin	Cardio Spin	
17:00 – 17:45					Beginners Spin		
18:00 – 18:45		Improvers Spin			Cardio Spin		
19:45 – 20:30				Improvers Spin			
20:00 – 20:45	Cardio Spin						
20:15 – 21:00		Cardio Spin					
20:45 – 21:30			Spin Circuit				



Please book up to 7 days in advance, payment by non members to be made upon booking

Non Members > £4.50      Members > FREE

Healthy Balanced Generation Fitness Centre  
 Oriel High School, Maidenbower Lane, Maidenbower, Crawley RH10 7XW

