



YMCA SPINNING TIMETABLE

	6.00am	9.30am	12.15pm	4.00pm (Y-Zone)	5.30pm
MONDAY	SPINNING John	 NEW CLASSES & TIMES	SPINNING Shelley		SPINNING Naomi
TUESDAY	SPINNING Mura		SPINNING John	SPINNING Carolyn	SPINNING Doreen
WEDNESDAY	SPINNING John	Beginners 30min Beginners 30min Carolyn	SPINNING Shelley	SPINNING Carolyn	SPINNING Shelley
THURSDAY	SPINNING Mura		SPINNING John	SPINNING Carolyn	SPINNING Shelley
FRIDAY	SPINNING Naomi	Beginners 30min Beginners 30min Carolyn	SPINNING Carolyn		SPINNING Doreen
SATURDAY 8.00am	SPINNING Doreen				