



# Spin Studio Programme

VALID FROM OCTOBER 2021

## 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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Spin Studio

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