



# FREESTYLE360

ONLINE CLASS PROGRAMME | JANUARY 2021

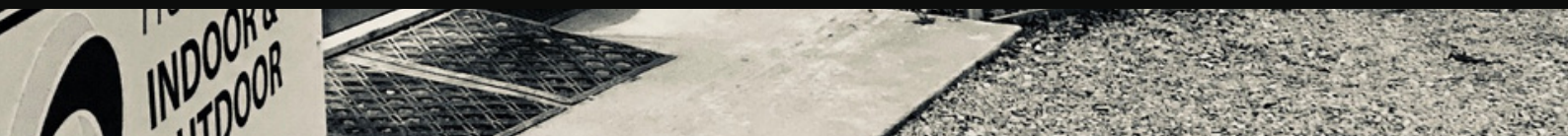
STARTS SATURDAY 2ND JANUARY!

| DAY | TIME   | CLASS  |
|-----|--|--|
| M   | 06:30-07:15<br>09:00-10:00<br>18:00-19:00<br>18:00-19:00 | Spin - RISE 45<br>HIIT<br>Spinergy<br>Bodyweight Circuits                |
| T   | 06:15-07:00<br>09:00-10:00<br>18:00-19:00<br>18:00-19:00 | RISE 4 Circuits<br>Women's Shape Up<br>Sport Spin<br>Bodyweight Circuits |
| W   | 06:30-07:15<br>09:00-10:00<br>18:00-19:00<br>18:00-19:00 | Spin - RISE 45<br>Bodyweight Fitness<br>HIIT<br>Spinergy                 |
| T   | 06:15-07:00<br>09:00-10:00<br>18:00-19:00<br>18:00-19:00 | RISE 4 Circuits<br>Core<br>Spin60<br>Supersets                           |



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| DAY | TIME                       | CLASS                                  |
|-----|----------------------------|--|
| F   | 06:30-07:15<br>09:00-10:00 | Spin - RISE 45<br>Women's Conditioning |
| S   | 08:00-09:00<br>09:10-09:55 | Cyclone Spin<br>Energetic Vinyasa Yoga |
| S   | 09:30-10:30                | Sunday Circuits                        |

DETAILS AND BOOKINGS VIA GLOFOX APP

