



FREESTYLE360

ONLINE CLASS PROGRAMME | NOVEMBER 2020

STARTS THURSDAY 5TH NOVEMBER

DAY	TIME	CLASS
M	06:30-07:15 09:00-10:00 18:00-19:00 18:00-19:00	Spin - RISE 45 HIIT Spinergy Bodyweight Circuits
T	06:15-07:00 09:00-10:00 18:00-19:00 18:00-19:00	RISE 4 Circuits Women's Step Sport Spin Bodyweight Circuits
W	06:30-07:15 09:00-10:00 18:00-19:00 18:00-19:00	Spin - RISE 45 Bodyweight Fitness HIIT Spinergy
T	06:15-07:00 09:00-10:00 18:00-19:00	RISE 4 Circuits Core Spin45



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DAY	TIME	CLASS
	18:00-19:00	Supersets
F	06:30-07:15 09:00-10:00	Spin - RISE 45 Women's Conditioning
S	08:00-09:00 09:10-09:55	Cyclone Spin Energetic Vinyasa Yoga
S	09:30-10:30	Sunday Circuits

DETAILS AND BOOKINGS VIA GLOFOX APP

