

	l	m	x	j	v
09:30 - 10:20		SPINNING	SPINNING		
18:10 - 19:00		SPINNING	SPINNING		SPINNING
19:10 - 20:00	SPINNING			SPINNING	
19:30 - 20:20		AERODANCE			
20:05 - 21:05	STEP				
20:10 - 21:00	SPINNING			SPINNING	