



Boiler Room Fitness – SPINNING® Studio

BOOK ONLINE at - boilerroomfitness.co.uk



Timetable

Tel. 07825 681824

| MON | TUE | WED | THU | FRI | SAT | SUN |
|--|--|---|---|---|--|--|
| 06:30 – 07:15 Early Morning Blast Neil | 06:30 – 07:15 Early Morning Blast Stephen | 06:30 – 07:15 Early Morning Blast Marcus | 06:30 – 07:15 Early Morning Blast Stephen | 06:30 – 07:15 Early Morning Blast Michael | 08:00 – 08:45 Saturday Early Bird Sheena | 09:00 – 09:45 Sunday Hangover Curer Adele |
| 09:30 – 10:15 Once The School Run Is Over! Neil | 09:30 – 10:15 Once The School Run Is Over! Marcus | 09:30 – 10:15 Once The School Run Is Over! Adele | 09:30 – 10:15 Once The School Run Is Over! Stephen | 09:30 – 10:15 Once The School Run Is Over! Maria | 9:00 – 9:45 Weekend Kick Starter Sheena | 10:00 – 10:45 Sunday Pre Lunch Run Michael |
| | | 11:00 – 11:45 Spinning Seniors Michael | | | 10:00 – 10:45 Mid Morning Boost Michael | |
| | 13.30 – 14.15 Post Lunch – Pre School Run Adele | 14:00 – 45 & 15:00 - 45 Private Spinning Session – School Booking Tara | 13.30 – 14.15 Post Lunch – Pre School Run Adele | | 11:00 – 11:45 Beginners Spinning * Michael | |
| 18:00 – 18:45 Post Work Session Michael | 18:00 – 18:45 Post Work Session David | 18:00 – 18:45 Post Work Session Michael | 18:00 – 18:45 Post Work Session Sheena | 18:15 – 19:00 Post Work Session Maria | | 18:00 – 19:00 Super Sixty Sunday Roastin' Sheena |
| 19:00 – 19:45 The Last Gasp Sheena | 19:00 – 19:45 The Last Gasp Kim | 19:00 – 19:45 The Last Gasp Neil | 19:00 – 19:45 The Last Gasp David | | | |
| 20:00 – 20:45 The Nightshift David | | | | | | |

PRICES – Single Class £7 – Five Classes £30 – Ten Classes £60 – Unlimited Monthly Classes £70 – Beginners Package* (3 classes) £15.

* Saturday 11am class only.

SPINNING® STUDIO at WESTERN HEALTH & RACQUETS CLUB, 30 HYNDLAND ROAD, WEST END GLASGOW G12 9UP.