



Boiler Room Fitness – SPINNING® Studio

BOOK ONLINE at - boilerroomfitness.co.uk



Timetable

Tel. 07825 681824

MON	TUE	WED	THU	FRI	SAT	SUN
	06:45 – 07:30 Early Morning Blast Stephen	06:45 – 07:30 Early Morning Blast Marcus	06:45 – 07:30 Early Morning Blast Neil	06:45 – 07:30 Early Morning Blast Michael	08:00 – 08:45 Saturday Early Bird Sheena	09:00 – 09:45 Sunday Hangover Curer Kirstie
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 Nicole & Kirstie	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 Kirstie	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 Michael			

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.