SPIN CITY COVID19 TIMETABLE v.1 – 27th July 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Daytime Classes			2-3pm Beginners Pole			7.30-8.30 Beginners Hoop 8.45-9.45 Beginners Pole	10-11am Yoga for Flexibility
						10-11am Beginners Pole Beginners Hoop	11.15-12.15 Beginners Pole
6 – 7pm	Beginners Pole Beginners Hoop	Beginners Pole Beginners Hoop	Flexibility and Floorwork	Beginners Pole Beginners Hoop			
7.15 – 8.15pm	Beginners Pole Beginners Hoop	Beginners Pole Beginners Hoop	Beginners Pole Beginners Hoop	Beginners Pole Beginners Hoop	Beginners Pole Beginners Hoop		
8.30-9.30pm	Beginners Pole Beginners Hoop	Beginners Pole Beginners Hoop	Beginners Pole Beginners Hoop	 Beginners Hoop	Beginners Pole Beginners Hoop		