



Climb-Fit Weekly Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
		Spin 6:15am		Circuit 6:15am
Abs/Core 12:30pm	Mini Spin 1:00pm	SBS Only Circuit 12:30pm	Abs/Core 12:30pm	
Spin 6:15pm		Spin 5:45pm	Spin 5:30pm	

Abs/Core – a 30 min class focussing on the entire mid section. Good for all levels of fitness

Mini Spin – a 30 minute spin class for beginners or those who want a quick lunch time workout. Good idea to try this before coming to our longer spin classes.

Spin – a 45-60 minute cycle class. A great way to improve your fitness with a mix of high intensity sprints, hill climbs and long distance flats. Good for those with a basic level of fitness and those Tour de France wanna-be's!

Circuit – a combination of weights and cardio in a circuit format designed to keep your body guessing. Good level of fitness required as this is a tough class!

SBS Only Circuit – a 60min exclusive class for staff at SBS, combining cardio and weights.