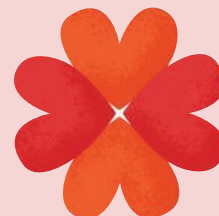


# LONDON FIELDS<sup>TM</sup>

## FITNESS STUDIO E8

by Sapan Sehgal



### Spin Timetable - February 2024



Monday			
7:00 Spin Cycling w/ Damian			
18:45 Spin Cycling w/ Sarah		19:30 Spin Cycling w/ Sarah	
Tuesday			
Self guided workouts on the bikes between 7-9am OR have a lay in and press snooze 5x			
18:45 Spin Cycling w/ Damian		19:30 Spin Cycling w/ Damian	
Wednesday			
7:00 Spin Cycling w/ Damian			
18:45 Spin Cycling w/ Juliette		19:30 Spin Cycling w/ Juliette	
Thursday			
Self guided workouts on the bikes between 7-9am. Then organise your weekend tinder date!			
18:45 Spin Cycling w/ Aleesha		19:30 Spin Cycling w/ Aleesha	
Friday			
7:00 Spin Cycling w/ Damian			
Saturday		Sunday	
09:15 Spin Cycling w/ Juliete	10:00 Spin Cycling w/ Juliete	10:00 Spin Cycling w/ Sarah	10:45 Spin Cycling w/ Sarah

£10 per class, £40 for 5 classes, £75 for 10.

Bookings essential. Book now via email/text:

info@londonfieldsfitness.com / +44 7743795833

Please refrain from coming if one is unwell or member of household is

Please bring your own towel.

We have limited number of bikes due to social distancing measures so if one books and doesn't show, you will be charged p.s it won't be forever!

