

EXERCISE CLASS SCHEDULE



WEDNESDAYS:

SPIN @ 0630
CIRCUITS @ 1000
FTP TESTING @ 1715
FIGHTING FIT @ 1800

THURSDAYS:

BOOTCAMP @ 0630
SHORT CIRCUITS @ 1715
SPIN @ 1815



MONDAYS:

PRE-WORKOUT @ 0630
CIRCUITS @ 1000
CIRCUITS @ 1715
SPIN @ 1815

TUESDAYS:

BOOTCAMP @ 0630
FIGHTING FIT @ 1000
FLOW AND FLEX @ 1200
SPIN-DUCTION @ 1715
FIGHTING FIT @ 1800



FRIDAYS:

PRE-WORKOUT @ 0630
SPIN-DUCTION @ 0800
FIGHTING FIT @ 1000

SATURDAYS:

CIRCUITS @ 0815
SPIN @ 0915

SUNDAYS:

FLOW & FLEX @ 1200

BOOK YOUR SPACE

VIA THE MCCAULAYS HEALTH CLUB APP
OR AT [MCCAULAYS.COM](https://mccaualays.com)