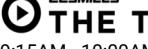


Bay Club Virtual Spin Schedule Revised 1/9/20

Cycle Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 6:15AM - 7:05AM	 6:15AM - 6:45AM	 6:15AM - 7:05AM	 6:15AM - 6:45AM	 6:15AM - 7:05AM	 8:15AM - 8:45AM	 9:00AM - 9:50AM
 7:45AM - 8:15AM	 7:45AM - 8:35AM	 7:45AM - 8:15AM	 7:45AM - 8:35AM	 7:45AM - 8:30AM	 9:45AM - 10:35AM	 11:00AM - 11:30AM
 9:15AM - 9:45AM	 9:15AM - 10:00AM	 8:15AM - 8:45AM	 9:15AM - 9:45AM	 9:15AM - 9:45AM	 11:15AM - 12:00PM	 12:30PM - 1:00PM
 12:15PM - 1:05PM	 12:15PM - 12:45PM	 9:15AM - 9:45AM	 9:45AM - 10:15AM	 12:15PM - 1:05PM	 12:45PM - 1:15PM	
 2:15PM - 3:00PM	 2:15PM - 2:45PM	 12:15PM - 1:05PM	 12:15PM - 12:45PM	 2:15PM - 3:05PM		
 5:15PM - 5:45PM	 5:15PM - 6:05PM	 5:15PM - 6:00PM	 5:15PM - 6:45PM			
			 2:15PM - 2:45PM			
			 5:15PM - 6:05PM			



SH'BAM

SH'BAM™ is a fun-loving, insanely addictive dance workout. Your instructor will guide you through simple, sassy dance moves, all set to a party playlist.



Learn the basic moves and format of a LES MILLS BODYCOMBAT workout in this quick introduction.



Learn the basic moves and format of a LES MILLS BODYFLOW workout in this quick introduction.



The original barbell workout for anyone looking to get lean, toned and fit - fast.



Learn the basic moves and format of a LES MILLS RPM workout in this quick introduction.



Fun-loving and insanely addictive dance workout. No dance experience required!



High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.



A totally unique workout experience that combines a multi-peak cycling workout with a journey through digitally-created worlds.

Bay Club

Group Exercise Timetable