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DAY	TIME	PLACE	VENUE	CLASS	PRICES
MONDAY	18:15	Catfield	Village Hall	<a href="#">Indoor Cycling "Spinning"</a>	<b>PAY AS YOU GO £5</b> <b>8 CLASS PASS £36</b> <b>12 CLASS PASS £52</b>
	19:15	Catfield	Village Hall	Indoor Cycling "Spinning"	
TUESDAY	18:30	Spixworth	Village Hall	Indoor Cycling "Spinning"	<b>TIMETABLE CAN BE</b> <b>SUBJECT TO CHANGE</b> <b>PLEASE CONTACT US</b> <b>BEFORE ATTENDING</b> <b>079 078 44433</b>
	19:15	Spixworth	Village Hall	Indoor Cycling "Spinning"	
	19:00	Coltishall	Village Hall	Body Tone/Circuit	
WEDNESDAY	18:15	Spixworth	Village Hall	Indoor Cycling "Spinning"	
	19:15	Spixworth	Village Hall	Boxercise	
THURSDAY	18:15	Catfield	Village Hall	Indoor Cycling "Spinning"	<b>PERSONAL TRAINING &amp; SMALL GROUP</b> <b>TRAINING AVAILABLE</b>
	19:15	Catfield	Village Hall	Indoor Cycling "Spinning"	

**FOR YOUR FIRST CLASS WITH US PLEASE CALL US FIRST, BOOKING IS ESSENTIAL FOR THE SPINNING CLASSES**

**M: 07928 585838**

**WWW.VIBESHEALTHANDFITNESS.CO.UK**

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