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DAY	TIME	PLACE	VENUE	CLASS	PRICES
MONDAY	18:15	Catfield	Village Hall	Indoor Cycling "Spinning"	PAY AS YOU GO £6 5 CLASS PASS £26 10 CLASS PASS £50
	19:15	Catfield	Village Hall	Indoor Cycling "Spinning"	
TUESDAY	18:30	Spixworth	Village Hall	Indoor Cycling "Spinning"	TIMETABLE CAN BE SUBJECT TO CHANGE PLEASE CONTACT US BEFORE ATTENDING 079 078 44433
	19:15	Spixworth	Village Hall	Indoor Cycling "Spinning"	
	19:00	Coltishall	Village Hall	Circuit Training	
WEDNESDAY	18:15	Spixworth	Village Hall	Indoor Cycling "Spinning"	
	19:15	Spixworth	Village Hall	Boxercise	
THURSDAY	09:30	Catfield	Village Hall	Indoor Cycling "Spinning"	
	18:15	Catfield	Village Hall	Indoor Cycling "Spinning"	
	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		M: 079 078 44433	