



# ride@breeze

## Spin schedule

### MONDAY

06.45- 07.30 THE URBAN RHYTHM RIDE (45)  
CLAUDIA

18.30- 19.15 TROPICAL VIBES RHYTHM RIDE (45)  
BRENDA

### TUESDAY

07.45-08.30 THE DAY OF THE DIVA RHYTHM RIDE (45)  
SUZY

19.00- 19.45 THE DAY OF THE DIVA RHYTHM RIDE (45)  
RACHEL

### WEDNESDAY

06.45- 07.30 THE URBAN RHYTHM RIDE (45)  
CLAUDIA

18.30-19.15 TROPICAL VIBES RHYTHM RIDE (45)  
BRENDA

### THURSDAY

09.15-10.00 IN THE MIX HOUSE RHYTHM RIDE (45)  
MICKEY

18.30-19.15 THE CLASSICS + CURRENTS RHYTHM RIDE  
FAY

### FRIDAY

09.30- 10.15 THE URBAN RHYTHM RIDE (45)  
WINSTON

19.00- 19.45 THE DAY OF THE DIVA RHYTHM RIDE (45)  
RACHEL

### SATURDAY

09.45-10.30 THE DAY OF THE DIVA RHYTHM RIDE (45)  
SUZY

### SUNDAY

10.00 - 10.45 THE CLASSICS + CURRENTS RHYTHM RIDE  
SUE

### CLASS AND STUDIO KEY:

CLASSES LISTED AS 45 RIDE CLASS

Read about different classes at:

[www.breezeyoga.co.uk](http://www.breezeyoga.co.uk)

Or call 020 8658 6808

Please note This PDF timetable is subject to change, a live timetable is available to view on our website.

