



LONDON FIELDSTM

FITNESS STUDIO E8

by Sapan Sehgal



Spin Timetable - April 2025



Monday

19:00
Spin Cycling w/ Damien

Tuesday

19:00
Spin Cycling w/ Damian

Wednesday

19:00
Spin Cycling w/ Alessia

Thursday

19:00
Spin Cycling w/ Alessia

Friday

19:00
Spin Cycling w/ Aleesha

Saturday

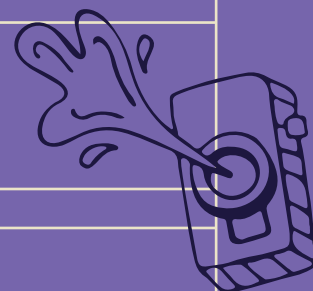
9:15
Spin Cycling w/Sarah

10:00
Spin Cycling w/ Sarah

Sunday

10:00
Spin Cycling w/Sarah

10:45
Spin Cycling w/Sarah



£10 per class, £40 for 5 classes, £75 for 10.

Bookings essential. Book now via email/text:

info@londonfieldsfitness.com / +44 7743795833



Please refrain from coming if one is unwell or member of household is

Please bring your own towel.

We have limited number of bikes due to social distancing measures
so if one books and doesn't show, you will be charged

p.s it won't be forever!

FIND OUT MORE AT:

londonfieldsfitness.com / @londonfieldsfit / Unit 8, Bayford Street London, E8 3SE

