

24 Nov 2022	8:30 PM	9:00 PM	30	THURSDAY	AVIV RIDE	INDOOR CYCLE	SPINNING	This is ideal for people of all levels of fitness and experience. The joy of spinning is that you are in a complete control at all times using a resistance dial on your individual spin bike.	OUSSAMA AL KHATIB
24 Nov 2022	9:30 PM	10:00 PM	30	THURSDAY	AVIV RIDE	INDOOR CYCLE	SPINNING	This is ideal for people of all levels of fitness and experience. The joy of spinning is that you are in a complete control at all times using a resistance dial on your individual spin bike.	OUSSAMA AL KHATIB
25 Nov 2022	4:00 PM	4:30 PM	30	FRIDAY	AVIV RIDE	INDOOR CYCLE	BEACH SPINNING	This is ideal for people of all levels of fitness and experience. The joy of spinning is that you are in a complete control at all times using a resistance dial on your individual spin bike.	CORNEL
25 Nov 2022	4:30 PM	5:00 PM	30	FRIDAY	AVIV RIDE	INDOOR CYCLE	1REBEL TAKE THE STAGE	Warm up, sweat hard & finish strong. Rebel bring your energy and let's turn up the heat with this 30 minute full body HIIT workout.	LAURA
25 Nov 2022	5:00 PM	5:30 PM	30	FRIDAY	AVIV RIDE	INDOOR CYCLE	BEACH SPINNING	This is ideal for people of all levels of fitness and experience. The joy of spinning is that you are in a complete control at all times using a resistance dial on your individual spin bike.	CORNEL
25 Nov 2022	6:00 PM	6:30 PM	30	FRIDAY	AVIV RIDE	INDOOR CYCLE	BEACH SPINNING	This is ideal for people of all levels of fitness and experience. The joy of spinning is that you are in a complete control at all times using a resistance dial on your individual spin bike.	CORNEL
25 Nov 2022	7:30 PM	8:00 PM	30	FRIDAY	AVIV RIDE	INDOOR CYCLE	SPINNING	This is ideal for people of all levels of fitness and experience. The joy of spinning is that you are in a complete control at all times using a resistance dial on your individual spin bike.	OUSSAMA AL KHATIB
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26 Nov 2022	7:30 AM	8:00 AM	30	SATURDAY	AVIV RIDE	INDOOR CYCLE	SPINNING	This is ideal for people of all levels of fitness and experience. The joy of spinning is that you are in a complete control at all times using a resistance dial on your individual spin bike.	
26 Nov 2022	8:30 AM	9:00 AM	30	SATURDAY	AVIV RIDE	INDOOR CYCLE	SPINNING	This is ideal for people of all levels of fitness and experience. The joy of spinning is that you are in a complete control at all times using a resistance dial on your individual spin bike.	
26 Nov 2022	10:00 AM	10:30 AM	30	SATURDAY	AVIV RIDE	INDOOR CYCLE	SPINNING	This is ideal for people of all levels of fitness and experience. The joy of spinning is that you are in a complete control at all times using a resistance dial on your individual spin bike.	ASHRAF
26 Nov 2022	11:00 AM	11:30 AM	30	SATURDAY	AVIV RIDE	INDOOR CYCLE	SPINNING	This is ideal for people of all levels of fitness and experience. The joy of spinning is that you are in a complete control at all times using a resistance dial on your individual spin bike.	ASHRAF
26 Nov 2022	12:30 PM	1:00 PM	30	SATURDAY	AVIV RIDE	INDOOR CYCLE	SPINNING	This is ideal for people of all levels of fitness and experience. The joy of spinning is that you are in a complete control at all times using a resistance dial on your individual spin bike.	
26 Nov 2022	1:30 PM	2:00 PM	30	SATURDAY	AVIV RIDE	INDOOR CYCLE	KHALIJI TUNES SPINNING	This is ideal for people of all levels of fitness and experience. The joy of spinning is that you are in a complete control at all times using a resistance dial on your individual spin bike.	ASHRAF
26 Nov 2022	2:30 PM	3:00 PM	30	SATURDAY	AVIV RIDE	INDOOR CYCLE	BEACH SPINNING	This is ideal for people of all levels of fitness and experience. The joy of spinning is that you are in a complete control at all times using a resistance dial on your individual spin bike.	
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27 Nov 2022	7:00 AM	8:00 AM	60	SUNDAY	AVIV RIDE	INDOOR CYCLE	ARN SPINATHON	Spinning is a high-intensity exercise on a stationary bike. It combines cardio and endurance	ASEM
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27 Nov 2022	3:00 PM	4:00 PM	60	SUNDAY	AVIV RIDE	INDOOR CYCLE	ARN SPINATHON	Spinning is a high-intensity exercise on a stationary bike. It combines cardio and endurance	WILL
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