




TRIBE PROJECT



A series of Nomadic Tribal Gatherings for all Spinning® instructors looking for shared community and shared ideas packed with music, techniques, skills and drills. We aim to liven up your classes with refreshing tips to brighten up your profiles and class schedules with workshops and rides throughout this fun day. A perfect way to join in and beat the drum of the tribal community of Spinning®

BOOK NOW
Call 01494 688285
www.spinning.com

TRIBAL GATHERING: FITNESS FIESTA 11am – 6pm

-  **Tribal Welcome & Flow Rider (Ride)**
-  **NORTH: To the Beat of the Drum.**
 It's all about rhythm, technique clean up and bike skills in this session.
-  **EAST: Profile Genius.**
 It's all about creative ideas for seamless, creative and fun profiles.
-  **SOUTH: Total Immersion**
 It's all about implementing your creative ideas into a action on the bike.
-  **WEST: Pass it on.**
 It's all about creating a local tribal event at your club and FAQ's.
-  **Tribe Experience (Ride) & Farewell**

Optional Extra:

Welcome Ride for Fitness Fiesta delegates on a first come first served basis.

TAKE NOTE: TRIBAL NOMADS

For those who want to tour with the team. Your tribal experience will be slightly different every time you visit a Tribal gathering.

Tribal Nomad*	£65 per event
Group of 5+	£75
SPIN® Member	£75
Standard Fee	£85

*pre-booked 3 or more Tribal Gatherings
 All prices are per person excluding VAT
 All prices are paid in GBP.

Fri, 2 March	Camber Sands
Fri, 16 March	Hinkley Island
Fri, 21 April	Hemsby
Fri, 22 September	Hemsby
Fri, 5 October	Camber Sands
Fri, 12 October	Camber Sands
Fri, 19 October	Hinkley Island



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