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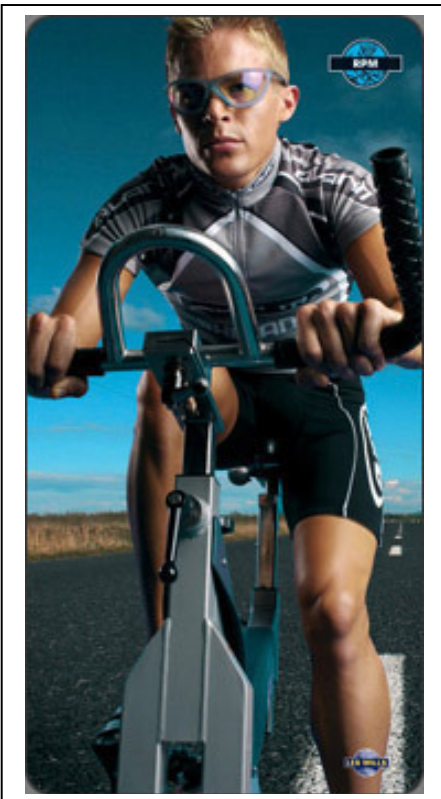


CLASS TRACK LISTS

The list below shows you all the music that has been used in the great classes we have brought you over the years. To make the classes even better and more personal to you, we are now giving you the chance to create your very own Class Track List. Check out the music below and choose your favourite piece of music for track 1-track 2 etc and email your list to us and within 2 weeks we will deliver your unique class.

All we ask is:

1. You email us a track for all the 10 tracks.
2. Tell us why there your favourite tracks.
3. The time of the class you attend.
4. Telling us your name is optional.
5. Why you like Body combat and any information you would like to share with us. I.E the results you have got from the class.



Ride it like you stole it



Spinning™ and RPM™ are the indoor cycling workouts where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.

This class is suitable for all levels of fitness. No coordination needed for this class.

**SPINNING 45 launches on
Tuesday 26th January at 5.45pm.**

DON'T HESITATE –

NUMBERS ARE LIMITED SO BOOK IN TODAY!

If you have never done SPINNING or RPM Before, please download your FREE PASS for you & a friend

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Here is your list of fantastic music brought to you already by our great instructors and SPINNING and RPM.

RPM 44	Song title	Artist
44 – Track 1	The right life	Seal
44 – Track 2	sober	Pink
44 – Track 3	Show me heaven	Arms of dub
44 – Track 4	Real	The Cranials
44 – Track 5	How far we've come	Matchbox 20
44 – Track 6	Alone in the dark	Edward Carnaby
44 – Track 7	Jump that rock	Scooter Vs status quo
44 – Track 8	Spotlight	Jennifer Hudson
44 – Track 9	You found me	The fray

RPM 43	Song title	Artist
43 – Track 1	Closer	Ne-Yo
43 – Track 2	Hot n clod	Katy Parry
43 – Track 3	Spaceman	The Killers
43 – Track 4	Take back the city	Snow patrol
43 – Track 5	Voodoo people	The prodigy
43 – Track 6	In the darkness	Darude
43 – Track 7	Cry for you	September
43 – Track 8	Broken strings	James Morrison
43 – Track 9	Love is a losing game	Amy Winehouse

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RPM 42	Song title	Artist
42 – Track 1	I Could Have Loved You	Lighthouse Family
42 – Track 2	Dance Floor Anthem (I Don't Want To Be In Love)	Good Charlotte
42 – Track 3	Right By Your Side	N-Force vs. Darren Styles
42 – Track 4	Human	The Killers
42 – Track 5	New Future Weapon	Billy Idol
42 – Track 6	Going Wrong	Armin Van Buuren & DJ Shah feat. Chris Jones
42 – Track 7	Because The Night (Manox Remix)	Cascada
42 – Track 8	With You	Chris Brown
42 – Track 9	You Make It Real	James Morrison

RPM 41	Song title	Artist
41 – Track 1	American Boy	Estelle
41 – Track 2	Into The Night	Santana feat Chad Kroeger
41 – Track 3	A Never-ending Dream	Cascada
41 – Track 4	Viva La Vida	Coldplay
41 – Track 5	Take My Hand	Simple Plan
41 – Track 6	L'bby Haba	DJ Sammy
41 – Track 7	Send Me An Angel	Slinkee Minx
41 – Track 8	Umbrella	Rihanna
41 – Track 9	Stop and stare	one republic

RPM 40	Song title	Artist
40 – Track 1	If it's in my mind	Seal
40 – Track 2	Do it well	Jennifer Lopez
40 – Track 3	Zombie	Andrew Spencer
40 – Track 4	Let go	Paul van Dyk
40 – Track 5	Reverse psychology	Bomfunk MC's
40 – Track 6	Adelante	Sash!
40 – Track 7	Heaven	Manian
40 – Track 8	Good life	Kanye west
40 – Track 9	I'll stand by you	The pretenders

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RMP 39	Song title	Artist
39 – Track 1	September	Kirk Franklin
39 – Track 2	Who knew	Pink
39 – Track 3	Tribal dance	2 unlimited
39 – Track 4	Amazing	Seal
39 – Track 5	Kick-start my heart	Motley crew
39 – Track 6	Where are you now?	Ian van Dahl
39 – Track 7	Blast the speakers	Warp brothers
39 – Track 8	Lashing lights	Kanye west
39 – Track 9	Change	sugerbabes
39 – Track 10	Hello	Scooter
39 – Track 11	Silence	Delirium

RPM 38	Song title	Artist
38 – Track 1	Hold on	KT tunstall
38 – Track 2	Bridge over troubled water	Hannah Jones
38 – Track 3	True believer	E-type
38 – Track 4	Read my mind	The killers
38 – Track 5	Runnin' wild	Airbourne
38 – Track 6	Everything	Tiesto fet.jes
38 – Track 7	Behind the cow	Scooter
38 – Track 8	Won't go home without you	Maroon 5
38 – Track 9	Glad your here	Macy grey

RPM 37	Song title	Artist
37 – Track 1	Makes me wonder	Maroon 5
37 – Track 2	When you were young	Belle Lawrence
37 – Track 3	Underneath the radar	underworld
37 – Track 4	In the dark	Tiesto
37 – Track 5	Turn it up	Bomfunk MC's
37 – Track 6	Sunspot	Armin van Burren
37 – Track 7	Welcome to Africa	Paffendorf
37 – Track 8	Cupids chokehold	Gym class heroes
37 – Track 9	Boston	Augustana

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RPM 36	Song title	Artist
36 – Track 1	Little I	Jamiroquai
36 – Track 2	You spin me round	The kinky boys
36 – Track 3	I like to move it	Zoo gang
36 – Track 4	Straight lines	Silver chair
36 – Track 5	Pain killer	Freestyler
36 – Track 6	Only if I	Kate Ryan
36 – Track 7	Played – a –live	Safri duo
36 – Track 8	Every little step	Bobby brown
36 – Track 9	Light surrounding you	Evermore

RPM 35	Song title	Artist
35 – Track 1	mas que nada	Black eyed peas
35 – Track 2	Only one too	Jewel
35 – Track 3	Riding on the wings	Motiv 8
35 – Track 4	You're all I have	Snow patrol
35 – Track 5	Paradise city	Guns and roses
35 – Track 6	Sunchyme	Dario g
35 – Track 7	Rhythm is a dancer 2004	Snap
35 – Track 8	Crazy	Gnarls Barkley
35 – Track 9	Waiting on the world to change	John Mayer

RPM 34	Song title	Artist
34 – Track 1	I don't feel like dancing	Scissor sisters
34 – Track 2	Daddy cool	Vinyl shakerz
34 – Track 3	Take me to the clouds	U2
34 – Track 4	Running	Evermore
34 – Track 5	Pretty Vegas	Onezeroone
34 – Track 6	Sweet surrender	Sarah McLachlan
34 – Track 7	Smells like teen spirit	Te warp brothers
34 – Track 8	The game of love	Santana
34 – Track 9	You give me something	James Morrison

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RPM 33	Song title	Artist
33 – Track 1	Black horse and the cherry tree	KT Tunstall
33 – Track 2	Don't brother	Shakira
33 – Track 3	Time after time	Novaspace
33 – Track 4	Amazing	George Michael
33 – Track 5	I want you to want me	Chris Isaak
33 – Track 6	Inspiration	Ian van Dahl
33 – Track 7	Love comes again	Tiesto feat BT
33 – Track 8	Afterglow	INXS
33 – Track 9	Iris	Ronan Keating

RPM 32	Song title	Artist
32 – Track 1	Something got me started	Simply red
32 – Track 2	Move in my direction	Bananarama
32 – Track 3	Women in love	Liz mc larnon
32 – Track 4	Bend and break	Keane
32 – Track 5	Scream	Billy idol
32 – Track 6	Rise again	Dj Sammy
32 – Track 7	Free	Ultra Nate
32 – Track 8	If there's any justice	Lemar
32 – Track 9	Goodbye my lover	James blunt

RPM 31	Song title	Artist
31 – Track 1	I've been thinking about you	London beat
31 – Track 2	Turn me on	Kevin little
31 – Track 3	Finally	Love to infinity
31 – Track 4	Speed of sound	Coldplay
31 – Track 5	Round and round	Rhythm twins
31 – Track 6	Underwater	Delirium
31 – Track 7	Fading like a flower	Roxette
31 – Track 8	Just feel better	Santana
31 – Track 9	Heart like a wheel	The corr's

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RPM 30	Song title	Artist
30 – Track 1	Fast love	George Michael
30 – Track 2	Spin that wheel	Wendy Lewis
30 – Track 3	Voodoo child	Jimmy Hendrix
30 – Track 4	Easy lover	Divided
30 – Track 5	Vertigo	SBI
30 – Track 6	Shivers	Armin Van Buuren
30 – Track 7	Going insane	The warp brothers
30 – Track 8	All the way	Craig David
30 – Track 9	Kiss and say goodbye	UB 40

RPM 29	Song title	Artist
29 – Track 1	Crabbuckit	
29 – Track 2	Everywhere	
29 – Track 3	Crazy	
29 – Track 4	I like the way	
29 – Track 5	Kryptonite	
29 – Track 6	Why	
29 – Track 7	Adagio	
29 – Track 8	Unwritten	
29 – Track 9	Home	

RPM 28	Song title	Artist
28 – Track 1	Hey mama	The black eyed peas
28 – Track 2	Ride it	Geri
28 – Track 3	Young hearts run free	Respect
28 – Track 4	Lola's theme	Shape shifters
28 – Track 5	Freestyler	Bomfunk MC's
28 – Track 6	Don't give up	Chicane
28 – Track 7	Runaway	Groove coverage
28 – Track 8	Future love paradise	Seal
28 – Track 9	Knockin' on heaven's door	Avril lavigne

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RPM 24	Song title	Artist
24 – Track 1	When I get you alone	Thicke
24 – Track 2	It's my life	No doubt
24 – Track 3	Run to you	Novaspace
24 – Track 4	Time of our lives	Ultra devoted
24 – Track 5	All the people in the world	Safri duo
24 – Track 6	Desenchantee	Kate Ryan
24 – Track 7	Kickin' it loud	Jason Nevins
24 – Track 8	Drift away	Uncle cracker
24 – Track 9	Life for rent	Dido

RPM 21	Song title	Artist
21 – Track 1	Don't let me get me	Pink
21 – Track 2	Don't call me baby	Madison avenue
21 – Track 3	Stomp!	DJ Alligator project
21 – Track 4	Round round	Sugarbabes
21 – Track 5	Shake ur body	Shy FX
21 – Track 6	"E"	Drunken monkey
21 – Track 7	Phatt bass	Warp brothers
21 – Track 8	Ride wit' me	Nelly
21 – Track 9	Rise and fall	Craig David

RPM 20	Song title	Artist
20 – Track 1	Being nobody	Liberty X
20 – Track 2	Be with you	Atomic kitten
20 – Track 3	One of my kind	INXS
20 – Track 4	Get it on	T-Rex
20 – Track 5	Radar love	Golden earring
20 – Track 6	Reason	Ian Van Dahl
20 – Track 7	Blood is pumpin'	Voodoo & Serano
20 – Track 8	Shape	Sugarbabes
20 – Track 9	Tears in heaven	Eric Clapton

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RPM 19	Song title	Artist
19 – Track 1	My friend	Groove armada
19 – Track 2	Dove	Moony
19 – Track 3	Rockin' for myself	Motiv8
19 – Track 4	My vision	Jakkata feta. Seal
19 – Track 5	Dancing with myself	Billy Idol
19 – Track 6	Saltwater	Chicane
19 – Track 7	Rock da funky beats	Public domain
19 – Track 8	Stronger	Sugarbabes
19 – Track 9	The long and winding road	The Beatles

RPM 18	Song title	Artist
18 – Track 1	Happy	Light house family
18 – Track 2	Rapture	Lio
18 – Track 3	Beautiful day	U2
18 – Track 4	Sweet freedom	Michael McDonald
18 – Track 5	Loaded	Ricky martin
18 – Track 6	Forever	N-trance
18 – Track 7	The logical song	Scooter
18 – Track 8	Feel	Robbie Williams
18 – Track 9	Gangsta lovin'	Alicia keys

RPM 17	Song title	Artist
17 – Track 1	Little less conversation	Elvis
17 – Track 2	Ride the rhythm	Z-factor
17 – Track 3	Hot stuff	DJ Miko
17 – Track 4	Get over you	Sophie Ellis Baxter
17 – Track 5	Let's go crazy	Prince
17 – Track 6	Will I	Ian Van Dahl
17 – Track 7	Because the night	Jan Wayne
17 – Track 8	Eternal flame	Atomic kitten
17 – Track 9	hero	Chad Kroeger

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RPM 16	Song title	Artist
16 – Track 1	Boom	Anastacia
16 – Track 2	In your eyes	Kylie
16 – Track 3	Never surrender	2 unlimited
16 – Track 4	Let it ride	Sgt. Slick
16 – Track 5	Te Aviso,Te Anuncio	Shakira
16 – Track 6	Chi Mai	Watergate
16 – Track 7	Thunder struck	Blizzard brothers
16 – Track 8	I'm alive	Celine Dion
16 – Track 9	It aint over till it's over	Lonny Kraits

RPM 15	Song title	Artist
15 – Track 1	Take me home	Sophie Ellis bexter
15 – Track 2	Lady	Modjo
15 – Track 3	Starlight	Superman lovers
15 – Track 4	Turn to me	Vanessa amorosi
15 – Track 5	We will rock you	Nick skitz
15 – Track 6	Castles in the sky	Ian van Dahl
15 – Track 7	Operation blade	Public domain
15 – Track 8	Something stupid	Robbie Williams
15 – Track 9	Wicked game	Chris Isaak

RPM 14	Song title	Artist
14 – Track 1	Fairground	Simply red
14 – Track 2	All by myself	So emotional
14 – Track 3	It's my life	Jackie 'O'
14 – Track 4	Ya mama	Fatboy slim
14 – Track 5	She bangs	Red harden
14 – Track 6	The beauty of silence	Svenson and gielen
14 – Track 7	Killer 2000	ATB
14 – Track 8	Whole again	Atomic kitten
14 – Track 9	Shape of my heart	Backstreet boys

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RPM 13	Song title	Artist
13 – Track 1	Could you be in love	Joe cocker
13 – Track 2	Don't stop movin'	S club 7
13 – Track 3	Kotahitanga	Oceana
13 – Track 4	Ride like the wind	master boy
13 – Track 5	Misirlou	Spaghetti surfers
13 – Track 6	Just around the hill	Sash
13 – Track 7	Song 2	Blur
13 – Track 8	Another day in paradise	Brandy and ray J
13 – Track 9	Broken wings	K'Lee

RPM 12	Song title	Artist
12 – Track 1	Smooth	Suntans
12 – Track 2	Spanish guitar	Toni Braxton
12 – Track 3	You spin me round	Dead or alive
12 – Track 4	On the radio	Martina mc cutchen
12 – Track 5	Don't let the sun go down	DJ Octopus
12 – Track 6	Silence	Sarah McLachlan
12 – Track 7	Where are you	Paffendorf
12 – Track 8	Reminiscing	Madison Avenue
12 – Track 9	Here with me	Dido

RPM 11	Song title	Artist
11 – Track 1	Outside	George Michael
11 – Track 2	Don't tell me	Madonna
11 – Track 3	Nut bush city limits	T-Zone
11 – Track 4	Get down on it	Kool and the gang
11 – Track 5	Livin' la Vida loca	Ricky martin
11 – Track 6	Toca's miracle	Fragna
11 – Track 7	Feel the beat	Darude
11 – Track 8	Could I have this kiss forever	Whitney Huston
11 – Track 9	Angel	shaggy

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RPM 10	Song title	Artist
10 – Track 1	Groove jet	Spiller
10 – Track 2	Desert rose	Sting
10 – Track 3	It feels so good	Sonique
10 – Track 4	Nobody's supposed to be here	Deborah Cox
10 – Track 5	Hit that perfect beat boys	Bronski beat
10 – Track 6	Infinity	Cj stone
10 – Track 7	Can you feel it	N.Y.C.C
10 – Track 8	Its gonna be me	N sync
10 – Track 9	Rise	Gabrielle

RPM 9	Song title	Artist
9 – Track 1	Maria Maria	Santana
9 – Track 2	Hooked on a feeling	Clueless
9 – Track 3	The race	Captain jack
9 – Track 4	Inside to outside	Lady violet
9 – Track 5	River deep mountain high	Jimmy Barnes
9 – Track 6	Better off alone	Alicia keys
9 – Track 7	Sunstroke	Chicane
9 – Track 8	Still believe	Shoal Ana
9 – Track 9	When you say nothing at all	Ronan Keating

RPM 8	Song title	Artist
8 – Track 1	Be with you	Enrique Iglesias
8 – Track 2	September 99	Earth wind and fire
8 – Track 3	No more tears	Jocelyn brown
8 – Track 4	Move your body	Eiffel 66
8 – Track 5	Affirmation	Savage gardens
8 – Track 6	Heart of Asia	Watergate
8 – Track 7	Push push	Falcon
8 – Track 8	Quit playing games	Back street boys
8 – Track 9	Imagine	John Lennon