



SPIN BIKE BINGO CARD

THE RULES

1. A bingo means you've completed any 5 boxes in a row vertically, diagonally or horizontally.
2. A Blackout Bingo means you must complete the challenge in every square!
3. A 2 a-Day means you complete 2 thirty-minute or greater SSoD 2 workouts on the same day.
4. There will be raffle prizes for a vertical bingo, horizontal bingo, diagonal bingo and for a black out bingo.
5. Selfie posts can be on Instagram, your Facebook account or on our private Facebook group and must contain a tag saying **#studiosweatondemand + @StudioSWEAT on Instagram** or **@studiosweatondemand on Facebook**
6. Post a pic of your finished bingo card at the end of the challenge to the private Facebook group or email completed BINGO card to aj@studiosweat.com.

S	W	E	A	T
SWEAT with Jessica S	Take a 15 - 30 min Spin Class	Take a Rhythm Ride with Miriam	Complete 4 Classes in 1 Week	SWEAT with Brian
Take an SSoD Live-Streamed Class	SWEAT with Master Mike	Take a Class Type That's New to You	SWEAT with Fred	Take a Spin Core Class
Do a Sculpt Only Workout	SWEAT with Sam	Do a 2 a'Day	Take a Killer Cardio Class	SWEAT with Cat Kom
Take a Spin Sculpt Class	Take an Ab & Core Class	Take a Stretch & Restore Class	SWEAT with Olga	Take a >60 Min Spin Class
SWEAT with Jess N.	Take a Scenic Virtual Class	SWEAT with AJ	Take a Mind & Body Class	SWEAT with Mimi

NAME: _____