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What is SPIN's dress code? Our first rule of dress code is there is no dress code. Well, that's not entirely true, please keep those feet inside your shoes, but all other outfits, costumes and 90's era attire are profusely encouraged and rewarded.

[SPIN Frequently Asked Questions | United by Ping Pong](#)

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A spin class typically lasts anywhere from 45 minutes to an hour. Throughout the session, your instructor will shout commands, such as gear up and find your flat road, but you're always in control of your workout's intensity via the resistance knob located under the bike's handlebars.

[Spin Class Basics Stretches, Time Commitment and Regularity](#)

[backroads : pro-tips : biking : spin-class-basics](#)

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ug Miraculosa detentora. Durante seu mandato como titular, ela ativou seus poderes aqua

para uma miss desconhecida e recebeu um kwagatama de Tikki como s#237;mbolo de amizade

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