

# VILLAGE

THE HOTEL CLUB

## CYCLE STUDIO TIMETABLE

MONDAY				TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
	Time	Class	Ins.	Time	Class	Ins.	Time	Class	Ins.	Time	Class	Ins.	Time	Class	Ins.	Time	Class	Ins.
From 06:00	06:00-06:30	Virtual RPM	N/A	06:00-06:30	Virtual RPM	N/A	06:00-06:30	Virtual RPM	N/A	06:00-06:30	Virtual RPM	N/A	06:00-06:30	Virtual RPM	N/A	07:15-08:00	Virtual RPM	N/A
	06:40-07:25	Virtual RPM	N/A	06:40-07:25	V.Spinn	Tom	06:40-07:25	Virtual RPM	N/A	06:40-07:10	Sprint	Ria	06:40-07:25	Virtual RPM	N/A	08:15-09:00	Virtual RPM	N/A
	07:30-08:15	Virtual RPM	N/A	07:30-08:00	Virtual RPM	N/A	07:30-08:15	Virtual RPM	N/A	07:15-08:00	Virtual RPM	N/A	07:30-08:15	Virtual RPM	N/A	09:15-09:45	Virtual RPM	N/A
From 09:30	09:30-10:15	V.Spinn	Tom	09:30-10:15	Virtual RPM	N/A	09:30-10:15	V.Spinn	Tom	09:30-10:15	Virtual RPM	N/A	09:30-10:15	RPM	Lesley	10:00-10:30	Virtual RPM	N/A
																10:45-11:30	V.Spinn	Jamie
From 10:30	10:40-11:25	Virtual RPM	N/A	10:40-11:25	Virtual RPM	N/A	10:40-11:25	Virtual RPM	N/A	10:40-11:25	Virtual RPM	N/A	10:40-11:10	Sprint	Lesley	12:00-12:45	Virtual RPM	N/A
																13:00-13:45	Virtual RPM	N/A
From 11:00	11:30-12:00	Virtual RPM	N/A	11:30-12:00	Virtual RPM	N/A	11:30-12:00	Virtual RPM	N/A	11:30-12:00	Virtual RPM	N/A	11:30-12:00	Virtual RPM	N/A	14:00-14:30	Virtual RPM	N/A
																16:00-16:45	Virtual RPM	N/A
From 12:00	12:35-13:05	Sprint	Ria	12:05-12:35	Virtual RPM	N/A	12:15-12:45	Sprint	Lesley	12:00-12:30	Virtual RPM	N/A	12:00-12:30	Virtual RPM	N/A	17:00-17:30	Virtual RPM	N/A
	13:10-13:40	Virtual RPM	N/A	12:45-13:15	Virtual RPM	N/A	13:05-13:50	Virtual RPM	N/A	12:35-13:05	Virtual RPM	N/A	12:35-13:05	Virtual RPM	N/A	17:45-18:30	Virtual RPM	N/A
	13:45-14:15	Virtual RPM	N/A	13:30-14:00	Virtual RPM	N/A	13:55-14:40	Virtual RPM	N/A	13:10-13:40	Virtual RPM	N/A	13:10-13:40	Virtual RPM	N/A	19:00-19:45	Virtual RPM	N/A
From 14:00	14:30-15:15	Virtual RPM	N/A	14:30-15:15	Virtual RPM	N/A	14:45-15:15	Virtual RPM	N/A	14:30-15:15	Virtual RPM	N/A	14:30-15:15	Virtual RPM	N/A	20:00-20:30	Virtual RPM	N/A
	15:30-16:15	Virtual RPM	N/A	15:30-16:15	Virtual RPM	N/A	15:30-16:15	Virtual RPM	N/A	15:30-16:15	Virtual RPM	N/A						
	16:30-17:00	Virtual RPM	N/A	16:30-17:00	Virtual RPM	N/A	16:30-17:00	Virtual RPM	N/A	16:30-17:00	Virtual RPM	N/A	16:20-16:50	V.Spinn	Jamie			
From 17:00	17:40-18:25	V.Spinn	Lee	17:00-17:45	V.Spinn	Saj	17:00-17:45	V.Spinn	Lee	17:30-18:15	V.Spinn	Jamie	17:00-17:45	Virtual RPM	N/A			
	18:35-19:20	Virtual RPM	N/A	18:00-18:45	Virtual RPM	N/A	18:00-18:45	Virtual RPM	N/A	18:30-19:00	V.Spinn	Saj	18:00-18:45	Virtual RPM	N/A	07:30-08:15	Virtual RPM	N/A
	19:30-20:15	Virtual RPM	N/A	19:30-20:00	Sprint	Ria	19:00-19:45	Virtual RPM	N/A	19:30-20:15	Virtual RPM	N/A	19:00-19:45	Virtual RPM	N/A	08:30-09:00	Virtual RPM	N/A
	20:30-21:00	Virtual RPM	N/A	20:15-21:00	Virtual RPM	N/A	20:00-20:45	Virtual RPM	N/A	20:30-21:15	Virtual RPM	N/A	20:00-20:45	Virtual RPM	N/A	09:30-10:00	Sprint	Ria

SUNDAY		
Time	Class	Ins.
07:30-08:15	Virtual RPM	N/A
08:30-09:00	Virtual RPM	N/A
09:30-10:00	Sprint	Ria
10:10-10:55	V.Spinn	Lee
11:30-12:15	Virtual RPM	N/A
12:30-13:00	Virtual RPM	N/A
13:15-14:00	Virtual RPM	N/A
14:30-15:00	Virtual RPM	N/A
15:30-16:15	Virtual RPM	N/A
17:00-17:30	Virtual RPM	N/A
18:00-18:45	Virtual RPM	N/A
19:00-19:30	Virtual RPM	N/A

- We ask that you arrive at least 5 minutes before the start time of your class. If you are late, your place may be offered to another member.  
 - For your safety and those of other members, please DO NOT enter the studio once the class has commenced.  
 - It is important you advise the instructor if you are new to class or have any medical conditions they should be aware of.  
 - Grab a Fitness Coach from the gym floor to help you set up for our Virtual classes if you are new! Keep your workout safe and effective.  
**ENJOY YOUR WORKOUT!**