

Starts 11th April 2016

Monday

Time	Class	Movement	Studio
06.30-07.15	Virtual RPM	Cycle	Spin
09.30-10.00	SPRINT	HIIT	Spin
12.30-13.15	Virtual RPM	Cycle	Spin
18.00-18.45	RPM	Cycle	Spin
19.00-19.45	Virtual RPM	Cycle	Spin
20.30-21.15	Virtual RPM	Cycle	Spin

Tuesday

Time	Class	Movement	Studio
06.30 - 07.00	SPRINT	HIIT	Spin
09.30 - 10.15	RPM	Cycle	Spin
12.30 - 13.15	Virtual RPM	Cycle	Spin
18.00-18.45	RPM	Cycle	Spin
19.00-19.30	SPRINT	HIIT	Spin
20.30-21.15	Virtual RPM	Cycle	Spin

Wednesday

Time	Class	Movement	Studio
06.30-07.15	Virtual RPM	Cycle	Spin
09.30-10.15	RPM	Cycle	Spin
12.30-13.15	Virtual RPM	Cycle	Spin
18.00-18.45	RPM	Cycle	Spin
19.00-19.45	Virtual RPM	Cycle	Spin
20.30-21.15	Virtual RPM	Cycle	Spin

Thursday

Time	Class	Movement	Studio
06.30-07.15	Virtual RPM	Cycle	Spin
09.30-10.15	Virtual RPM	Cycle	Spin
12.30-13.15	Virtual RPM	Cycle	Spin
18.00-18.30	SPRINT	HIIT	Spin
19.00-19.30	SPRINT	HIIT	Spin

Friday

Time	Class	Movement	Studio
06.30-07.15	Virtual RPM	Cycle	Spin
09.30-10.15	RPM	Cycle	Spin
12.30-13.15	Virtual RPM	Cycle	Spin
18.00-18.45	Virtual RPM	Cycle	Spin

Please inform the instructor of any medical conditions you have.

Please do not enter the class once it has commenced

Please ensure you arrive 5 minutes before your class start time. If you arrive after this time, your place may be given to a member on the class waiting list and you may be declined entry if the class is full.

Saturday

Time	Class	Movement	Studio
07.15-08.00	Virtual RPM	Cycle	Spin
09.30-10.15	RPM	Cycle	Spin
10.30-11.15	Virtual RPM	Cycle	Spin

Sunday

Time	Class	Movement	Studio
07.15-08.00	Virtual RPM	Cycle	Spin
09.30-10.00	SPRINT	HIIT	Spin
11.00-11.45	Virtual RPM	Cycle	Spin
12.05-12.35	Virtual RPM Express	Cycle	Spin
12.40-13.10	Virtual RPM Express	Cycle	Spin