

**Monday**

<b>Time</b>	<b>Class</b>	<b>Studio</b>	<b>Instructor</b>
06.30 - 07.00	Sprint	Spin	Joe
09.30 - 10.15	Group Cycle	Spin	Sophie
14.00 - 14.25	Myride + Cardio	Spin	Virtual Active
19.00 - 19.45	Group Cycle	Spin	Tara

**Wednesday**

<b>Time</b>	<b>Class</b>	<b>Studio</b>	<b>Instructor</b>
06.30 - 07.00	Group Cycling	Spin	Sophie
14.00 - 14.25	Myride + Intervals	Spin	Virtual Active
18.45 - 19.15	Sprint	Spin	Joe

**Friday**

<b>Time</b>	<b>Class</b>	<b>Studio</b>	<b>Instructor</b>
06.30 - 07.00	Sprint	Spin	Joe
09.30 - 10.15	Group Cycling	Spin	Lesley
14.00 - 14.25	Myride + Sport	Spin	Virtual Active
18.00 - 18.45	RPM	Spin	Joe

**Tuesday**

<b>Time</b>	<b>Class</b>	<b>Studio</b>	<b>Instructor</b>
12.30 - 13.00	Group Cycle	Spin	Carla
14.00 - 14.25	Myride + Sport	Spin	Virtual Active
18.30 - 19.15	RPM	Spin	Emma
19.30 - 20.00	Sprint	Spin	Joe

**Thursday**

<b>Time</b>	<b>Class</b>	<b>Studio</b>	<b>Instructor</b>
12.15 - 12.45	Group Cycling	Spin	Sophie
14.00 - 14.25	Myride + Cardio	Spin	Virtual Active
18.30 - 19.15	RPM	Spin	Joe
19.30 - 20.00	Sprint	Spin	Joe

**Saturday**

<b>Time</b>	<b>Class</b>	<b>Studio</b>	<b>Instructor</b>
09.00 - 09.45	Group Cycling	Spin	Max
10.15 - 11.00	Myride + Intervals	Spin	Virtual Active
14.00 - 14.25	Myride + Sport	Spin	Virtual Active

**Sunday**

<b>Time</b>	<b>Class</b>	<b>Studio</b>	<b>Instructor</b>
14.00 - 14.25	Myride + Fat Burn	Spin	Virtual Active

**TO BOOK A PLACE  
ON ANY OF OUR CLASSES**

**PLEASE CALL OUR  
LEISURE RECEPTION ON**

**01252 531782**