

CYCLING TIMETABLE

MONDAY

Time	Class	Instructor
6.45am	VSPIN	Leanne
8.45am	SPRINT	Vinny
9.30am	TRIP	Vinny
10.45am	VIRTUAL	N/A
12.30pm	EXPRESS VIRTUAL	N/A
5.00pm	VIRTUAL	N/A
6.30pm	RPM	Tony
7.30pm	TRIP	Ashley

TUESDAY

Time	Class	Instructor
6.45am	VIRTUAL	N/A
7.45am	SPRINT	Vinny
9.30am	RPM	Ashley
10.30am	VIRTUAL	N/A
12.00pm	EXPRESS VIRTUAL	N/A
6.30pm	RPM	Tony
7.30pm	VSPIN	Leanne

WEDNESDAY

Time	Class	Instructor
6.45am	VIRTUAL	N/A
8.45am	EXPRESS VIRTUAL	N/A
9.30am	SPRINT	Leanne
10.15am	TRIP	Ashley
12.30pm	EXPRESS VIRTUAL	N/A
4.30pm	EXPRESS VIRTUAL	N/A
6.30pm	RPM	JO

THURSDAY

Time	Class	Instructor
6.30am	SPRINT	Harry
8.00am	EXPRESS VIRTUAL	N/A
9.30am	RPM	Ashley/Tony
12.00pm	EXPRESS VIRTUAL	N/A
12.45pm	VIRTUAL	N/A
4.30pm	EXPRESS VIRTUAL	N/A
6.45pm	SPRINT	Katie
7.30pm	TRIP	Vinny

FRIDAY

Time	Class	Instructor
6.45am	VSPIN	Vinny
8.45am	EXPRESS VIRTUAL	N/A
9.30am	TRIP	Lee
10.30am	SPRINT	Lee
1.00pm	EXPRESS VIRTUAL	N/A
6.00pm	VIRTUAL	N/A

SATURDAY

Time	Class	Instructor
7.45am	VSPIN	Tony
9.00am	TRIP	Ashley
10.00am	RPM	Tony
11.00am	SPRINT	Ashley
3.00pm	VIRTUAL	N/A
5.00pm	EXPRESS VIRTUAL	N/A

SUNDAY

Time	Class	Instructor
8.15am	TRIP	Leanne
9.15am	VSPIN	Leanne
12.00pm	VIRTUAL	N/A
3.00pm	EXPRESS VIRTUAL	N/A
5.00pm	VIRTUAL	N/A