

## Cycling Timetable - Leeds South

Monday			
Time	Class	Studio	Who
09.30-10.10	My Ride (Fat Burn)	Spin	Virtual
12.30-13.10	My Sportif (Interval)	Spin	Virtual
14.00-14.40	My Ride (Cardio)	Spin	Virtual
16.00-16.40	My Sportif (Fat Burn)	Spin	Virtual
17.00-17.20	My Sportif (Sports)	Spin	Virtual
18.00-18.30	SPRINT	Spin	Rachel
19.00-19.45	RPM	Spin	Rachel
20.00-20.40	My Ride (Fat Burn)	Spin	Virtual

Thursday			
Time	Class	Studio	Who
07.00-07.30	Express Spin	Spin	Gym Team
09.30-10.10	My Sportif (Cardio)	Spin	Virtual
14.30-15.10	My Ride (Interval)	Spin	Virtual
17.00-17.20	My Sportif (Cardio)	Spin	Virtual
18.00-18.45	V Spin	Spin	Gym Team
20.30-21.10	My Ride (Fat Burn)	Spin	Virtual

Tuesday			
Time	Class	Studio	Who
07.00-07.30	My Ride (Fat Burn)	Spin	Virtual
12.30-13.10	My Sportif (Fat Burn)	Spin	Virtual
14.30-15.10	My Ride (Fat Burn)	Spin	Virtual
17.00-17.20	My Sportif (Fat Burn)	Spin	Virtual
18.45-19.30	V. Spin	Spin	Sue
20.30-21.10	My Ride (Cardio)	Spin	Virtual

Friday			
Time	Class	Studio	Who
10.00-10.30	Express V Spin	Spin	Gym Team
14.00-14.40	My Ride (Cardio)	Spin	Virtual
16.00-16.40	My Sportif (fat Burn)	Spin	Virtual
17.00-17.20	My Sportif (Interval)	Spin	Virtual
18.15-18.45	Express V Spin	Spin	Gym Team
20.00-20.40	My Sportif (Interval)	Spin	Virtual

Wednesday			
Time	Class	Studio	Who
7.00-7.30	SPRINT	Spin	Sue
09.00-09.40	My Ride (Fat Burn)	Spin	Virtual
12.30-13.10	My Sportif (Cardio)	Spin	Virtual
14.00-14.40	My Ride (Cardio)	Spin	Virtual
16.00-16.40	My Sportif (Interval)	Spin	Virtual
17.00-17.20	My Sportif (Interval)	Spin	Virtual
18.35-19.05	HIIT Spin	Spin	Chris

Saturday			
Time	Class	Studio	Who
09.00-09.45	RPM	Spin	Rachel
11.30-12.10	MyZoneZone Match	Spin	Virtual
12.30-13.10	My Sportif (Fat Burn)	Spin	Virtual
15.30-16.10	My Sportif (Cardio)	Spin	Virtual
17.30-18.10	My Sportif (Sports)	Spin	Virtual
19.00-19.40	My Sportif (Fat Burn)	Spin	Virtual

Sunday			
Time	Class	Studio	Who
09.00-09.40	My Ride (Fat Burn)	Spin	Virtual
10.00-10.40	My Sportif (Cardio)	Spin	Virtual
10.15-11.00	V Spin	Spin	Gym Team
12.30-13.10	My Sportif (Interval)	Spin	Virtual
15.30-16.10	My Sportif (Interval)	Spin	Virtual
17.30-18.10	My Sportif (Fat Burn)	Spin	Virtual
19.00-19.40	My Sportif (Sports)	Spin	Virtual

NB: Throughout December the timetables are subject to change weekly, so please contact your local club for accurate information on your favourite classes. A clearer timetable - not subject to change weekly - will begin from 1st January 2017.