

Cycling Timetable - Wirral

Monday			
Time	Class	Studio	Who
7:00am	RPM70	Spin	Virtual
8:30am	RPM69	Spin	Virtual
9:30am	Spin	Spin	Julieann
10:45am	Spin	Spin	Sharon
12:00am	RPM70	Spin	Virtual
1:00pm	RPM68	Spin	Virtual
2:30pm	RPM65	Spin	Virtual
4:00pm	RPM62	Spin	Virtual
5:30pm	Spin	Spin	Faye
7:15pm	Spin	Spin	Julieann

Tuesday			
Time	Class	Studio	Who
7:00am	RPM68	Spin	Virtual
8:00am	RPM70	Spin	Virtual
9:30am	Spin	Spin	Faye
11:30am	RPM70	Spin	Virtual
1:30pm	RPM67	Spin	Virtual
3:00pm	RPM64	Spin	Virtual
5:30pm	Spin	Spin	Julieann
6:30pm	RPM62	Spin	Virtual

Wednesday			
Time	Class	Studio	Who
7:00am	RPM70	Spin	Virtual
9:30am	Spin	Spin	Kirsty
11:15am	RPM70	Spin	Virtual
2:00pm	RPM65	Spin	Virtual
3:30pm	RPM67	Spin	Virtual
5:30pm	Spin	Spin	Julieann
7:00pm	RPM64	Spin	Virtual

Thursday			
Time	Class	Studio	Who
7:00am	RPM70	Spin	Virtual
9:00am	RPM67	Spin	Virtual
10:00am	Spin	Spin	Kirsty
11:15am	RPM65	Spin	Virtual
1:00pm	RPM67	Spin	Virtual
3:00pm	RPM69	Spin	Virtual
5:30pm	Spin	Spin	Rob
6:30pm	RPM70	Spin	Virtual

Friday			
Time	Class	Studio	Who
7:00am	RPM70	Spin	Virtual
8:00am	RPM70	Spin	Virtual
9:30am	Spin	Spin	Sharon
11:30am	RPM70	Spin	Virtual
2:15pm	RPM69	Spin	Virtual
4:00pm	RPM68	Spin	Virtual
5:30pm	Spin	Spin	Danielle
7:00pm	RPM70	Spin	Virtual

Saturday			
Time	Class	Studio	Who
7:00am	RPM63	Spin	Virtual
8:00am	RPM70	Spin	Virtual
9:00am	Spin	Spin	Clare
10:00am	Spin	Spin	Julieann
12:00pm	RPM66	Spin	Virtual
1:30pm	RPM63	Spin	Virtual
17:00pm	RPM63	Spin	Virtual

Sunday			
Time	Class	Studio	Who
8:00am	RPM70	Spin	Virtual
9:30am	RPM65	Spin	Virtual
10:30am	Spin	Spin	Clare
12:15pm	RPM66	Spin	Virtual
2:00pm	RPM64	Spin	Virtual
4:30pm	RPM70	Spin	Virtual
6:30pm	RPM70	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.