

Group Fitness & Cycling Timetable - Maidstone

| Monday       |         |         |
|--------------|---------|---------|
| Time         | Class   | Studio  |
| 06.45-07.15  | RPM     | Virtual |
| 08.00-08.45  | RPM     | Virtual |
| 9.00 - 9.45  | RPM     | Virtual |
| 10.30-11.15  | V Cycle | Jacqui  |
| 12.00-12.45  | RPM     | Virtual |
| 13.00-13.45  | RPM     | Virtual |
| 14.00-14.45  | RPM     | Virtual |
| 15.00-15.45  | RPM     | Virtual |
| 16.00-16.45  | RPM     | Virtual |
| 17.00-17.45  | RPM     | Virtual |
| 18.00-18.45  | V Cycle | James J |
| 20.00- 20.45 | RPM     | Virtual |
| 21.00-21.45  | RPM     | Virtual |

| Tuesday       |       |         |
|---------------|-------|---------|
| Time          | Class | Studio  |
| 06.30-07.00   | RPM   | Virtual |
| 08.00-08.45   | RPM   | Virtual |
| 09.30- 10.15  | RPM   | Claire  |
| 11.30-12.15   | RPM   | Virtual |
| 12.30-13.15   | RPM   | Virtual |
| 13.30-14.15   | RPM   | Virtual |
| 14.30-15.15   | RPM   | Virtual |
| 15.30-16.15   | RPM   | Virtual |
| 16.30-17.15   | RPM   | Virtual |
| 18.00-18.45   | RPM   | Hannah  |
| 19.30 - 20.15 | RPM   | Virtual |
| 20.30-21.15   | RPM   | Virtual |

| Wednesday    |         |         |
|--------------|---------|---------|
| Time         | Class   | Studio  |
| 06.30-07.15  | V Cycle | Jacqui  |
| 08.00-08.45  | RPM     | Virtual |
| 09.00-09.45  | RPM     | Virtual |
| 10.30-11.15  | V Cycle | Clinton |
| 12.15-13.30  | RPM     | Virtual |
| 13.30-14.15  | RPM     | Virtual |
| 14.30-15.15  | RPM     | Virtual |
| 15.30-16.15  | RPM     | Virtual |
| 16.30-17.15  | RPM     | Virtual |
| 18.15-18.45  | Sprint  | Mark W  |
| 19.30- 20.15 | RPM     | Virtual |
| 20.45-21.15  | RPM     | Virtual |

| Thursday     |         |         |
|--------------|---------|---------|
| Time         | Class   | Studio  |
| 06.45-07.15  | RPM     | Virtual |
| 08.00-08.45  | RPM     | Virtual |
| 09.30-10.15  | V Cycle | Sarah   |
| 11.00-11.45  | RPM     | Virtual |
| 12.00-12.45  | RPM     | Virtual |
| 13.00-13.45  | RPM     | Virtual |
| 14.00-14.45  | RPM     | Virtual |
| 15.00-15.45  | RPM     | Virtual |
| 16.00-16.45  | RPM     | Virtual |
| 18.45-19.30  | V Cycle | Dominic |
| 20.30- 21.15 | RPM     | Virtual |

| Friday      |         |         |
|-------------|---------|---------|
| Time        | Class   | Studio  |
| 06.30-07.15 | V Cycle | Clinton |
| 08.00-08.45 | RPM     | Virtual |
| 09.30-10.15 | V Cycle | Hannah  |
| 11.00-11.45 | RPM     | Virtual |
| 12.00-12.45 | RPM     | Virtual |
| 13.00-13.45 | RPM     | Virtual |
| 14.00-14.45 | RPM     | Virtual |
| 15.00-15.45 | RPM     | Virtual |
| 16.00-16.45 | RPM     | Virtual |
| 18.30-19.15 | RPM     | Claire  |
| 19.30-20.00 | RPM     | Virtual |
| 20.30-21.15 | RPM     | Virtual |

| Saturday    |         |         |
|-------------|---------|---------|
| Time        | Class   | Studio  |
| 08.30-09.00 | Sprint  | Claire  |
| 10.00-10.45 | V Cycle | James J |
| 12.00-12.45 | RPM     | Virtual |
| 13.00-13.45 | RPM     | Virtual |
| 14.00-14.45 | RPM     | Virtual |
| 15.00-15.45 | RPM     | Virtual |
| 16.00-16.45 | RPM     | Virtual |
| 17.00-17.45 | RPM     | Virtual |
| 18.00-18.45 | RPM     | Virtual |
| 19.00-19.45 | RPM     | Virtual |

| Sunday      |         |         |
|-------------|---------|---------|
| Time        | Class   | Studio  |
| 08.30-09.15 | RPM     | Virtual |
| 09.45-10.15 | V Cycle | Jacqui  |
| 11.00-11.45 | RPM     | Virtual |
| 12.00-12.45 | RPM     | Virtual |
| 13.00-13.45 | RPM     | Virtual |
| 14.00-14.45 | RPM     | Virtual |
| 15.00-15.45 | RPM     | Virtual |
| 16.00-16.45 | RPM     | Virtual |
| 17.00-17.45 | RPM     | Virtual |
| 18.00-18.45 | RPM     | Virtual |
| 19.00-19.45 | RPM     | Virtual |