

Cycling Timetable - Village Gym Leeds North

Monday

Time	Class	Studio	Who
07.00-07.30	V Spin	Spin	Tommy
10.15-11.00	V Spin	Spin	Ben
14.00-14.20	My Ride Virtual Intervals	Spin	
18.45-19.30	RPM	Spin	Helen
20.00-20.40	My Ride Virtual Cardio	Spin	

Tuesday

Time	Class	Studio	Who
07.00-07.40	My Ride Virtual Fat Burn	Spin	
10.30-11.15	V Spin	Spin	Tracey D
11.00-11.20	My Ride Virtual Cardio	Spin	
12.00-12.40	My Ride Virtual Sport	Spin	
19.00-19.45	V Spin	Spin	Charlie
20.30-20.50	My Ride Virtual Intervals	Spin	

Wednesday

Time	Class	Studio	Who
07.00-07.45	My Ride Virtual Fat Burn	Spin	
10.30-11.15	Torque	Spin	Ben
12.00-12.20	My Ride Virtual Fat Burn	Spin	
18.15-19.00	V Spin	Spin	Conor
19.20-20.00	My Ride Virtual Sport	Spin	
20.15-20.35	My Ride Virtual Cardio	Spin	

Thursday

Time	Class	Studio	Who
07.00-07.45	V Spin	Spin	Tommy
09.45-10.15	V Spin Express	Spin	Tracey D
10.40-11.20	My Ride Virtual Intervals	Spin	
13.00-13.20	My Ride Virtual Cardio	Spin	
18.30-19.15	V Spin	Spin	Ben
20.10-20.30	My Ride Virtual Sport	Spin	

Friday

Time	Class	Studio	Who
07.30-07.50	My Ride Virtual Sport	Spin	
09.15-09.45	V Spin Express	Spin	Cassie
12.20-12.40	My Ride Virtual Fat Burn	Spin	
18.15-19.00	V Spin	Spin	Conor
20.20-20.40	My Ride Virtual Cardio	Spin	

Saturday

Time	Class	Studio	Who
09.30-10.15	V Spin	Spin	Cassie
17.30-18.10	My Ride Virtual Sport	Spin	
19.40-20.00	My Ride Virtual Intervals	Spin	

Sunday

Time	Class	Studio	Who
09.30-09.50	My Ride Virtual Fat Burn	Spin	
10.45-11.30	V Spin	Spin	Tracey D
17.30-18.10	My Ride Virtual Cardio	Spin	
19.00-19.20	My Ride Virtual Intervals	Spin	