

Cycling Timetable - Village Gym Cardiff

Monday

Time	Class	Studio	Who
6.45am	Torque	St3	Emily
10.00am	RPM Virtual	St3	Virtual
12.00pm	RPM Virtual	St3	Virtual
5.30pm	RPM Virtual	St3	Virtual
6.30pm	V Spin	St3	Linda
7.30pm	RPM	St3	Steve

Tuesday

Time	Class	Studio	Who
6.45am	Spin	St3	Kirsty
10.15am	Easy Spin	St3	Gemma
11.00am	V Spin	St3	Gemma
12.00pm	RPM Virtual	St3	Virtual
6.00pm	RPM Virtual	St3	Virtual
8.00pm	V spin	St3	Becci

Wednesday

Time	Class	Studio	Who
7.00am	V Spin	St3	Becci
10.15am	V Spin	St3	Gemma
11.15am	RPM Virtual	St3	Virtual
6.00pm	V Spin	St3	Kirsty
7.00pm	RPM Virtual	St3	Virtual
8.00pm	RPM Virtual	St3	Virtual

Thursday

Time	Class	Studio	Who
7.00am	RPM	St3	Robin
9.30am	RPM Virtual	St3	Virtual
11.00am	RPM	St3	Cath
12.15pm	RPM Virtual	St3	Virtual
6.15pm	RPM Virtual	St3	Virtual
7.30pm	RPM	St3	Steve
8.30pm	RPM Virtual	St3	Virtual

Friday

Time	Class	Studio	Who
6.45am	V Spin	St3	Becky
9.30am	RPM Virtual	St3	Virtual
10.45am	V Spin	St3	Kirsty
12.15pm	RPM Virtual	St3	Virtual
2.00pm	RPM Virtual	St3	Virtual
6.15pm	Aerobiking	St3	Brenda
7.30pm	RPM Virtual	St3	Virtual

Saturday

Time	Class	Studio	Who
8.00am	RPM Virtual	St3	Virtual
9.30am	V Spin	St3	Kirsty
12.00pm	RPM Virtual	St3	Virtual

Sunday

Time	Class	Studio	Who
8.30am	RPM Virtual	St3	Virtual
9.45am	RPM Virtual	St3	Virtual
11.30am	RPM	St3	Robin
2.00pm	RPM Virtual	St3	Virtual