

Cycle Timetable - Aberdeen

Monday			
Time	Class	Studio	Who
06:00-06:30	Sprint	Cycle	Ria
06:45-07:15	Virtual RPM	Cycle	N/A
07:30-08:00	Virtual RPM	Cycle	N/A
09:30-10:15	V.Spin	Cycle	Tom
10:45-11:30	Virtual RPM	Cycle	N/A
11:30-12:00	Virtual RPM	Cycle	N/A
12:15-12:45	Virtual RPM	Cycle	N/A
13:00-13:30	Virtual RPM	Cycle	N/A
13:45-14:30	Virtual RPM	Cycle	N/A
14:30-15:15	Virtual RPM	Cycle	N/A
15:30-16:15	Virtual RPM	Cycle	N/A
16:30-17:00	Virtual RPM	Cycle	N/A
17:45-18:30	V.Spin	Cycle	Lee
18:45-19:30	Virtual RPM	Cycle	N/A
19:45-20:30	Virtual RPM	Cycle	N/A
20:30-21:00	Virtual RPM	Cycle	N/A

Thursday			
Time	Class	Studio	Who
06:00-06:30	Virtual RPM	Cycle	N/A
06:45-07:15	Sprint	Cycle	Ria
07:30-08:15	Virtual RPM	Cycle	N/A
09:30-10:15	Virtual RPM	Cycle	N/A
10:45-11:30	Virtual RPM	Cycle	N/A
12:15-13:00	Virtual RPM	Cycle	N/A
13:10-13:40	Sprint	Cycle	Lesley
14:15-15:00	Virtual RPM	Cycle	N/A
15:15-16:00	Virtual RPM	Cycle	N/A
16:15-17:00	Virtual RPM	Cycle	N/A
17:45-18:15	Sprint	Cycle	Ria
18:45-19:30	Virtual RPM	Cycle	N/A
20:00-20:45	Virtual RPM	Cycle	N/A

Tuesday			
Time	Class	Studio	Who
06:00-06:30	Virtual RPM	Cycle	N/A
06:45-07:15	Virtual RPM	Cycle	N/A
07:30-08:00	Virtual RPM	Cycle	N/A
09:30-10:15	Virtual RPM	Cycle	N/A
10:45-11:30	Virtual RPM	Cycle	N/A
11:30-12:15	Virtual RPM	Cycle	N/A
12:00-12:45	RPM	Cycle	Lesley
13:30-14:00	Virtual RPM	Cycle	N/A
14:15-15:00	Virtual RPM	Cycle	N/A
15:15-16:00	Virtual RPM	Cycle	N/A
16:30-17:15	Virtual RPM	Cycle	N/A
18:05-18:35	Sprint	Cycle	Ria
18:45-19:30	Virtual RPM	Cycle	N/A
19:45-20:30	Virtual RPM	Cycle	N/A
20:45-21:15	Virtual RPM	Cycle	N/A

Friday			
Time	Class	Studio	Who
06:15-06:45	Virtual RPM	Cycle	N/A
07:30-08:15	Virtual RPM	Cycle	N/A
09:30-10:15	Virtual RPM	Cycle	N/A
10:45-11:30	RPM	Cycle	Lesley
12:00-12:30	Sprint	Cycle	Lesley
12:45-13:15	Virtual RPM	Cycle	N/A
13:30-14:15	Virtual RPM	Cycle	N/A
14:30-15:15	Virtual RPM	Cycle	N/A
15:30-16:00	Virtual RPM	Cycle	N/A
16:15-16:45	Virtual RPM	Cycle	N/A
17:30-18:00	Virtual RPM	Cycle	N/A
18:15-18:45	Virtual RPM	Cycle	N/A
19:00-19:45	Virtual RPM	Cycle	N/A
20:00-20:45	Virtual RPM	Cycle	N/A

Wednesday			
Time	Class	Studio	Who
06:00-06:30	Virtual RPM	Cycle	N/A
06:45-07:15	Virtual RPM	Cycle	N/A
07:30-08:00	Virtual RPM	Cycle	N/A
09:30-10:15	V.Spin	Cycle	Tom
10:45-11:15	Virtual RPM	Cycle	N/A
12:00-12:45	Virtual RPM	Cycle	N/A
13:00-13:45	Virtual RPM	Cycle	N/A
14:15-15:00	Virtual RPM	Cycle	N/A
15:15-16:00	Virtual RPM	Cycle	N/A
16:05-16:35	Virtual RPM	Cycle	N/A
16:45-17:30	RPM	Cycle	Eve
18:00-18:45	V.Spin	Cycle	Lee
19:00-19:45	Virtual RPM	Cycle	N/A
20:00-20:45	Virtual RPM	Cycle	N/A

Saturday			
Time	Class	Studio	Who
07:30-08:00	Virtual RPM	Cycle	N/A
08:15-09:00	Virtual RPM	Cycle	N/A
09:15-09:45	Virtual RPM	Cycle	N/A
10:00-10:45	V.Spin	Cycle	Carol
11:00-11:30	Virtual RPM	Cycle	N/A
11:45-12:15	Virtual RPM	Cycle	N/A
12:30-13:15	Virtual RPM	Cycle	N/A
13:30-14:00	Virtual RPM	Cycle	N/A
14:15-14:45	Virtual RPM	Cycle	N/A
15:00-15:45	Virtual RPM	Cycle	N/A
16:00-16:30	Virtual RPM	Cycle	N/A
16:45-17:15	Virtual RPM	Cycle	N/A
17:30-18:00	Virtual RPM	Cycle	N/A

Sunday			
Time	Class	Studio	Who
07:30-08:15	Virtual RPM	Cycle	N/A
08:30-09:15	Virtual RPM	Cycle	N/A
09:30-10:00	Sprint	Cycle	Ria
10:15-11:00	Virtual RPM	Cycle	N/A
11:15-11:45	Virtual RPM	Cycle	N/A
12:00-12:45	Virtual RPM	Cycle	N/A
13:00-13:45	Virtual RPM	Cycle	N/A
14:00-14:30	Virtual RPM	Cycle	N/A
14:45-15:30	Virtual RPM	Cycle	N/A
15:45-16:15	Virtual RPM	Cycle	N/A
16:30-17:15	Virtual RPM	Cycle	N/A
17:30-18:00	Virtual RPM	Cycle	N/A
18:15-19:00	Virtual RPM	Cycle	N/A