

Group Cycling Timetable - Newcastle

Monday

Time	Class	Studio	Who
06.30	V.Spin	Spin	Julie
08.30	EXPRESS RPM	Spin	Virtual
09.30	RPM	Spin	Julie
12.00	EXPRESS RPM	Spin	Virtual
15.00	RPM	Spin	Virtual
17.00	EXPRESS RPM	Spin	Virtual
18.00	RPM	Spin	Julie
19.00	RPM	Spin	Virtual

Tuesday

Time	Class	Studio	Who
06.30	EXPRESS RPM	Spin	Virtual
08.00	RPM	Spin	Virtual
09.30	SPRINT	Spin	Julie
12.00	RPM	Spin	Virtual
15.00	EXPRESS RPM	Spin	Virtual
17.00	RPM	Spin	Virtual
18.00	V.Spin	Spin	Anthony
20.00	EXPRESS RPM	Spin	Virtual

Wednesday

Time	Class	Studio	Who
07.00	SPRINT	Spin	Julie
08.30	EXPRESS RPM	Spin	Virtual
09.30	V.Spin	Spin	Scott
12.00	EXPRESS RPM	Spin	Virtual
15.00	RPM	Spin	Virtual
17.00	RPM	Spin	Virtual
18.00	SPRINT	Spin	Kelda
19.00	RPM	Spin	Virtual

Thursday

Time	Class	Studio	Who
06.30	EXPRESS RPM	Spin	Virtual
08.00	RPM	Spin	Virtual
09.30	V.Spin	Spin	Anthony
10.30	Nice & Easy Spin	Spin	Paul
12.00	RPM	Spin	Virtual
15.00	EXPRESS RPM	Spin	Virtual
17.00	EXPRESS RPM	Spin	Virtual
18.00	RPM	Spin	Virtual
20.00	EXPRESS RPM	Spin	Virtual

Friday

Time	Class	Studio	Who
06.15	EXPRESS RPM	Spin	Virtual
08.30	EXPRESS RPM	Spin	Virtual
09.30	V.Spin	Spin	Lisa
12.00	EXPRESS RPM	Spin	Virtual
15.00	RPM	Spin	Virtual
17.15	V.Spin	Spin	Amanda
19.00	RPM	Virtual	Virtual

Saturday

Time	Class	Studio	Who
10.30	RPM	Spin	Kelda
12.00	RPM	Spin	Virtual
15.00	EXPRESS RPM	Spin	Virtual
17.00	EXPRESS RPM	Spin	Virtual
19.00	RPM	Spin	Virtual

Sunday

Time	Class	Studio	Who
08.15	EXPRESS RPM	Spin	Virtual
09.00	Family Spin	Spin	Julie
10.30	SPRINT	Spin	Julie
13.00	EXPRESS RPM	Spin	Virtual
15.00	RPM	Spin	Virtual
17.00	RPM	Spin	Virtual
20.00	EXPRESS RPM	Spin	Virtual