

## Group Cycling Timetable - Swansea

MONDAY		
TIME	CLASS	STUDIO
06.15-07.15	RPM	Spin
07.30-08.15	Virtual RPM	Spin
12.30-13.15	RPM	Spin
15.00-15.45	Virtual RPM	Spin
17.30-18.00	SPRINT	Spin
18.15-19.00	RPM	Spin
19.30-20.15	Virtual RPM	Spin

TUESDAY		
TIME	CLASS	STUDIO
06.15-07.00	Virtual RPM	Spin
10.30-11.15	Virtual RPM	Spin
13.00-13.30	RPM	Spin
17.30-18.15	Virtual RPM	Spin
19.00-19.45	Virtual RPM	Spin

WEDNESDAY		
TIME	CLASS	STUDIO
06.15-07.15	RPM	Spin
08.45-09.30	Virtual RPM	Spin
11.15-12.00	Virtual RPM	Spin
18.00-18.45	Virtual RPM	Spin
19.45-20.30	Virtual RPM	Spin

THURSDAY		
TIME	CLASS	STUDIO
06.15-07.00	Virtual RPM	Spin
09.30-10.30	V SPIN	Spin
13.00-13.30	Virtual RPM	Spin
15.00-15.45	Virtual RPM	Spin
17.45-18.30	Virtual RPM	Spin
19.00-20.00	RPM	Spin

FRIDAY		
TIME	CLASS	STUDIO
06.15-07.00	Virtual RPM	Spin
13.00-13.45	Virtual RPM	Spin
16.00-16.45	Virtual RPM	Spin
19.15-20.00	Virtual RPM	Spin

SATURDAY		
TIME	CLASS	STUDIO
08.15-08.45	Virtual RPM	Spin
11.45-12.30	Virtual RPM	Spin
15.00-15.45	Virtual RPM	Spin

SUNDAY		
TIME	CLASS	STUDIO
08.45-09.45	RPM	Spin
10.00-10.30	SPRINT	Spin
13.30-14.00	Virtual RPM	Spin
15.00-15.45	Virtual RPM	Spin

For class bookings or enquiries, please call  
01792 479954

Booking is essential for every class and is available 6  
days in advance

