

# GROUP CYCLING TIMETABLE

## MONDAY

Time	Class	Studio	Instructor
0630-0715	THE TRIP	TRIP	GRACE
0730-0815	RPM	TRIP	ALI
0830-0900	VIRTUAL RPM EXP	TRIP	VIRTUAL
0930-1015	THE TRIP	TRIP	RICHARD
1030-1115	VIRTUAL RPM	TRIP	VIRTUAL
1115-1200	VIRTUAL RPM	TRIP	VIRTUAL
1200-1230	VIRTUAL RPM EXP	TRIP	VIRTUAL
1300-1330	SPRINT	TRIP	ALI
1730-1815	RPM (STARTS MONDAY 13TH)	TRIP	SARA
1830-1915	THE TRIP	TRIP	JENNIFER
1930-2015	TORQUE	TRIP	GYM

## TUESDAY

Time	Class	Studio	Instructor
0630-0700	SPRINT	TRIP	CHERYL
0730-0815	THE TRIP	TRIP	ROB
0830-0900	VIRTUAL RPM EXP	TRIP	VIRTUAL
0900-0945	VIRTUAL RPM	TRIP	VIRTUAL
1000-1045	TORQUE	TRIP	GYM
1100-1145	VIRTUAL RPM	TRIP	VIRTUAL
1145-1215	VIRTUAL RPM EXP	TRIP	VIRTUAL
1230-1315	THE TRIP	TRIP	SADIE
1700-1730	SPRINT	TRIP	ALI
1730-1815	RPM	TRIP	ALI
1830-1915	THE TRIP	TRIP	RICHARD
1930-2015	VIRTUAL RPM	TRIP	VIRTUAL

## WEDNESDAY

Time	Class	Studio	Instructor
0630-0715	VIRTUAL RPM	TRIP	VIRTUAL
0730-0815	TORQUE	TRIP	GYM
0830-0900	VIRTUAL RPM EX	TRIP	VIRTUAL
0930-1015	THE TRIP	TRIP	JENNIFER
1030-1115	VIRTUAL RPM	TRIP	VIRTUAL
1130-1200	VIRTUAL RPM EX	TRIP	VIRTUAL
1200-1230	SPRINT	TRIP	CHERYL
1245-1330	THE TRIP	TRIP	CAROLYN
1700-1730	SPRINT	TRIP	ALI
1830-1915	THE TRIP	TRIP	ALI
1930-2015	TORQUE	TRIP	GYM

## THURSDAY

Time	Class	Studio	Instructor
0630-0715	THE TRIP	TRIP	JENNIFER
0730-0815	TORQUE	TRIP	GYM
0830-0900	VIRTUAL RPM EXP	TRIP	VIRTUAL
0930-1015	THE TRIP	TRIP	DAVID
1030-1115	VIRTUAL RPM	TRIP	VIRTUAL
1130-1215	VIRTUAL RPM	TRIP	VIRTUAL
1300-1330	SPRINT	TRIP	ALI
1630-1700	VIRTUAL RPM EXP	TRIP	VIRTUAL
1700-1730	VIRTUAL RPM EXP	TRIP	VIRTUAL
1730-1800	VIRTUAL RPM EXP	TRIP	VIRTUAL
1830-1915	THE TRIP	TRIP	PAUL

## FRIDAY

Time	Class	Studio	Instructor
0630-0715	RPM	TRIP	NICOLA
0800-0830	VIRTUAL RPM EXP	TRIP	VIRTUAL
0830-0915	VIRTUAL RPM	TRIP	VIRTUAL
0945-1015	VIRTUAL RPM EXP	TRIP	VIRTUAL
1030-1115	THE TRIP	TRIP	SADIE
1130-1215	VIRTUAL RPM	TRIP	VIRTUAL
1215-1245	VIRTUAL RPM EXP	TRIP	VIRTUAL
1300-1345	TORQUE	TRIP	GYM
1700-1745	VIRTUAL RPM	TRIP	VIRTUAL
1830-1915	THE TRIP	TRIP	CAROLYN

## SATURDAY

Time	Class	Studio	Instructor
0800-0830	SPRINT	TRIP	ALI
0830-0915	THE TRIP	TRIP	ALI
0930-1015	TORQUE	TRIP	GYM
1130-1215	VIRTUAL RPM	TRIP	VIRTUAL
1230-1300	VIRTUAL RPM EXP	TRIP	VIRTUAL

## SUNDAY

Time	Class	Studio	Instructor
0830-0915	VIRTUAL RPM	TRIP	VIRTUAL
1030-1115	TORQUE	TRIP	GYM
1130-1215	VIRTUAL RPM	TRIP	VIRTUAL
1230-1300	VIRTUAL RPM EXP	TRIP	VIRTUAL

ALL CLASSES ARE BOOKABLE VIA THE VILLAGE GYM WEBSITE, THE VILLAGE GYM APP AND VIA THE IPADS ON THE 1ST FLOOR