





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Studio Cycling 06:45-07:30 Cycling Studio	Sprint 06:45-07:15 Cycling Studio	Studio Cycling 06:45-07:30 Cycling Studio	RPM™ 06:45-07:30 Cycling Studio	Studio Cycling 06:45-07:30 Cycling Studio	Les Mills Sprint™ 08:15-08:45 Cycling Studio	The Trip™ 09:15-10:00 Cycling Studio
The Trip™ 09:30-10:15 Cycling Studio	Studio Cycling 09:30-10:15 Cycling Studio	Studio Cycling 09:30-10:15 Cycling Studio	Studio Cycling 09:30-10:00 Cycling Studio	RPM™ 09:30-10:15 Cycling Studio	Studio Cycling 09:15-10:00 Cycling Studio	RPM™ 10:15-11:00 Cycling Studio
RPM™ 11:15-12:00 Cycling Studio	Les Mills Sprint™ 10:45-11:15 Cycling Studio	Les Mills Sprint™ 10:45-11:15 Cycling Studio	RPM™ 10:30-11:15 Cycling Studio	Studio Cycling 10:30-11:15 Cycling Studio	RPM™ 10:15-11:00 Cycling Studio	Les Mills Sprint™ 13:30-14:00 Cycling Studio
Les Mills Sprint™ 17:30-18:00 Cycling Studio	RPM™ 12:00-12:45 Cycling Studio	The Trip™ 13:00-13:45 Cycling Studio	Les Mills Sprint™ 12:00-12:30 Cycling Studio	Les Mills Sprint™ 13:00-13:30 Cycling Studio	RPM™ 13:30-14:15 Cycling Studio	Starter RPM 15:00-15:30 Cycling Studio
Studio Cycling 18:15-19:00 Cycling Studio	Sprint 17:30-18:00 Cycling Studio	RPM™ 16:00-16:45 Cycling Studio	The Trip™ 15:00-15:45 Cycling Studio	RPM™ 16:00-16:45 Cycling Studio	Les Mills Sprint™ 17:00-17:30 Cycling Studio	RPM™ 18:00-18:45 Cycling Studio
RPM™ 19:15-20:00 Cycling Studio	Studio Cycling 18:15-19:00 Cycling Studio	Les Mills Sprint™ 17:30-18:00 Cycling Studio	Les Mills Sprint™ 17:30-18:00 Cycling Studio	Les Mills Sprint™ 17:30-18:00 Cycling Studio		
Les Mills Sprint™ 20:30-21:00 Cycling Studio	The Trip™ 19:15-20:00 Cycling Studio	Studio Cycling 18:15-19:00 Cycling Studio	RPM™ 18:15-19:00 Cycling Studio	Les Mills Sprint™ 19:30-20:00 Cycling Studio		
	Les Mills Sprint™ 20:30-21:00 Cycling Studio	RPM™ 19:15-20:00 Cycling Studio	RPM™ 20:00-20:45 Cycling Studio			
		Starter RPM 20:15-20:45 Cycling Studio				

CLASSES KEY

- Studio Cycling 
- The Trip™ 
- Les Mills Sprint™ 
- RPM™ 
- Starter RPM 

CYCLING
CLASSES TIMETABLE 

Class bookings are available 6 days in advance. A non-attendee fee will only be applied when the class is at capacity. Outside of the times shown, virtual classes can be put on at request.