

TIMETABLE - THE CYCLE STUDIO CLASSES



FROM 19TH AUGUST 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 - 07:45 RPM (Virtual)	07:15 - 07:45 SPRINT (Virtual)	07:00 - 07:45 RPM (Virtual)	07:15 - 07:45 SPRINT (Virtual)	07:00 - 07:45 RPM (Virtual)	09:15 - 10:00 RPM	09:00 - 09:45 RPM (Virtual)
09:30 - 10:15 RPM (Virtual)	09:30 - 10:15 RPM (Virtual)	09:45 - 10:30 RPM	09:30 - 10:15 RPM (Virtual)	09:30 - 10:15 RPM (Virtual)	10:15 - 10:45 SPRINT (Virtual)	10:00 - 10:45 RPM (Virtual)
11:00 - 11:30 SPRINT (Virtual)	10:30 - 11:15 RPM (Virtual)	10:45 - 11:15 SPRINT (Virtual)	10:30 - 11:15 RPM (Virtual)	11:00 - 11:30 SPRINT (Virtual)	11:00 - 11:45 RMP (Virtual)	11:00 - 11:30 SPRINT (Virtual)
12:15 - 13:00 RPM (Virtual)	13:00 - 13:45 Wellbeing Spin	11:30 - 12:15 RPM (Virtual)	12:00 - 12:30 SPRINT (Virtual)	12:15 - 13:00 RPM (Virtual)	12:00 - 12:30 SPRINT (Virtual)	12:00 - 12:30 SPRINT (Virtual)
17:15 - 17:45 SPRINT (Virtual)	16:00 - 16:45 RPM (Virtual)	12:30 - 13:00 SPRINT (Virtual)	13:00 - 13:45 Wellbeing Spin	16:00 - 16:45 RPM (Virtual)	13:00 - 13:45 RPM (Virtual)	13:00 - 13:45 RPM (Virtual)
18:00 - 18:45 RPM	17:00 - 17:30 SPRINT (Virtual)	17:15 - 18:00 RPM (Virtual)	16:45 - 17:30 RPM (Virtual)	17:00 - 17:30 SPRINT (Virtual)	15:00 - 15:45 RPM (Virtual)	
19:00 - 19:30 SPRINT (Virtual)	17:45 - 18:30 RPM	18:15 - 19:00 SpinFit	17:45 - 18:30 RPM	17:45 - 18:15 SPRINT (Virtual)		
20:00 - 20:45 RPM (Virtual)	18:45 - 19:15 SPRINT (Virtual)	19:15 - 19:45 SPRINT (Virtual)	18:45 - 19:15 SPRINT (Virtual)	18:30 - 19:15 RPM (Virtual)		
	19:30 - 20:15 RPM (Virtual)	20:00 - 20:45 RPM (Virtual)	19:30 - 20:15 RPM (Virtual)			