

VIRTUAL CYCLING TIMETABLE

MON	TUE	WED	THU	FRI	SAT	SUN
SPRINT 06:10-06:40 30 Minutes	SPRINT 06:10-06:40 30 Minutes	SPRINT 06:10-06:40 30 Minutes	SPRINT 06:10-06:40 30 Minutes	SPRINT 06:10-06:40 30 Minutes		
SPRINT 07:10-07:40 30 Minutes	SPRINT 07:10-07:40 30 Minutes	SPRINT 07:10-07:40 30 Minutes	SPRINT 07:10-07:40 30 Minutes	RPM 07:15-07:45 30 Minutes	SPRINT 08:15-08:45 30 Minutes	RPM 08:15-09:00 45 Minutes
RPM 08:00-08:45 45 Minutes	RPM 10:00-10:45 45 Minutes	RPM 08:00-08:45 45 Minutes	RPM BEGINNER 09:00-09:30 30 Minutes	RPM 08:00-08:45 45 Minutes	RPM 09:00-09:45 45 Minutes	RPM 10:00-10:45 45 Minutes
RPM 10:00-10:45 45 Minutes	RPM 13:00-13:45 45 Minutes	Cycle - Rhythm 09:45-10:30 45 Minutes Stacey	RPM 10:00-10:45 45 Minutes	Coach by Colour 09:15-10:00 45 Minutes Zenobia	RPM 10:00-10:45 45 Minutes	RPM 12:00-12:45 45 Minutes
RPM 13:00-13:45 45 Minutes	RPM 15:00-15:45 45 Minutes	RPM 13:00-13:45 45 Minutes	RPM 13:00-13:45 45 Minutes	RPM 13:00-13:45 45 Minutes	RPM 12:00-12:45 45 Minutes	RPM 13:00-13:45 45 Minutes
RPM 15:00-15:45 45 Minutes	RPM 17:00-17:45 45 Minutes	RPM 15:00-15:45 45 Minutes	RPM 15:00-15:45 45 Minutes	RPM 15:00-15:45 45 Minutes	RPM 13:00-13:45 45 Minutes	RPM 14:00-14:45 45 Minutes
Cycle - Fitness 17:00-17:45 45 Minutes Matt Mc	THE TRIP 18:00-18:45 45 Minutes	RPM 17:00-17:45 45 Minutes	RPM 17:00-17:45 45 Minutes	RPM 17:00-17:45 45 Minutes	RPM 14:00-14:45 45 Minutes	THE TRIP 15:30-16:15 45 Minutes
THE TRIP 18:00-18:45 45 Minutes	Coach by Colour 19:30-20:15 45 Minutes Zenobia	THE TRIP 18:00-18:45 45 Minutes	THE TRIP 18:00-18:45 45 Minutes	Find your Baseline 17:45-18:30 45 Minutes Zenobia	THE TRIP 15:30-16:15 45 Minutes	
RPM 19:00-19:45 45 Minutes		RPM 19:00-19:45 45 Minutes	RPM 19:00-19:45 45 Minutes	RPM 19:00-19:45 45 Minutes		
THE TRIP 20:00-20:45 45 Minutes		THE TRIP 20:00-20:45 45 Minutes	THE TRIP 20:00-20:45 45 Minutes			

Virtual The Trip
An immersive workout experience combining multi-peak cycling workouts through digitally-created worlds. Motivating with next-level energy output & calorie burning

Virtual RPM
Fun, low impact workout where you control the intensity. Pumping music motivates you as your instructor taking you on a journey of hill climbs, sprints and flat riding.

Virtual Sprint
30-minute High-Intensity Interval Training (HIIT) workout to achieve fast results. Short & intense training where the thrill & motivation comes from pushing your limits.