

VIRTUAL CYCLING TIMETABLE

MON	TUE	WED	THU	FRI	SAT	SUN
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 8:00-8:45 45 Minutes	RPM 10:00-10:45 45 Minutes	RPM 8:00-8:45 45 Minutes	RPM BEGINNER 09:00-09:30 30 Minutes	RPM 8:00-8:45 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	Instructor Lead 9:45-10:30 45 Minutes	RPM 10:00-10:45 45 Minutes	Instructor Lead Coach by Colour 09:15-10:00 45 Minutes	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
Instructor Lead 17:00-17:45 45 Minutes	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	RPM 19:00-19:45 45 Minutes	THE TRIP 18:00-18:45 45 Minutes	THE TRIP 18:00-18:45 45 Minutes	Instructor Lead Find your Baseline 17:45-18:30 45 Minutes	THE TRIP 15:30-16:15 45 Minutes	
RPM 19:00-19:45 45 Minutes	THE TRIP 20:00-20:45 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 with journeys through digitally-created worlds. Taking motivation and energy output to the next level and burning serious calories.

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

Virtual Sprint
A 30-minute High-Intensity Interval Training (HIIT) workout to achieve fast results. It's short and intense training where the thrill and motivation comes from pushing your physical and mental limits again and again.