

STUDIO 1 TIMETABLE

RIDE

	TIME	ACTIVITY	INSTRUCTOR
MON	07:00 - 07:45	Indoor Cycling	Sarah W
	18:00 - 18:45	Indoor Cycling(CC)	Julia
TUES	09:15 - 10:00	Indoor Cycling (CC)	Shane
	19:00 - 19:45	Indoor Cycling	Alex
WEDS	07:00 - 07:45	Indoor Cycling	Shane
	18:00 - 18:45	Indoor Cycling (CC)	Shane
THUR	07:00 - 07:45	Indoor Cycling	Sarah W
	09:30 - 10:15	Indoor Cycling	Sarah F
	18:00 - 18:45	Indoor Cycling	Sarah W
FRI	07:00-07:45	Indoor Cycling (CC)	Shane
	18:00 - 18:45	Indoor Cycling	Ceri
SAT	09:00 - 9:45	Indoor Cycling (CC)	Julia
SUN	09:00 - 9:45	Indoor Cycling (CC)	Ceri

WHAT IS RIDE?

Unique to Kings, our ride studio is simply indoor cycling heaven! Specifically designed to house our stationary bikes, the great air conditioning, lighting & sound system, along with awesome instructors, means every class takes you on a magical journey!

(CC) = Coach by Color