

# STUDIO 1 TIMETABLE

# RIDE

	TIME	ACTIVITY	INSTRUCTOR
<b>MON</b>	07:00 - 07:45	Indoor Cycling	Sarah W
	18:00 - 18:45	Indoor Cycling(CC)	Julia
<b>TUES</b>	09:15 - 10:00	Indoor Cycling (CC)	Shane
	19:00 - 19:45	Indoor Cycling	Alex
<b>WEDS</b>	07.00 - 07.45	Indoor Cycling	Shane
	18.00 - 18:45	Indoor Cycling (CC)	Shane
<b>THUR</b>	09.30 - 10.15	Indoor Cycling	Sarah F
	18:00 - 18:45	Indoor Cycling	Sarah W
<b>FRI</b>	07.00-07.45	Indoor Cycling (CC)	Shane
	18.00 - 18:45	Indoor Cycling	Ceri
<b>SAT</b>	09:00 - 9:45	Indoor Cycling (CC)	Julia
<b>SUN</b>	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! See glossary at the back of the brochure for session descriptions.

(CC) = Coach by Color