

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 | 09.30 - 10.15 | Indoor Cycling | Sarah |
| | 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! See glossary at the back of the brochure for session descriptions.

(CC) = Coach by Colour