

STUDIO 1 TIMETABLE

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

For more Indoor Cycle Classes, please see our Virtual Timetable

LES MILLS
RPM

LES MILLS
sprint

LES MILLS
THE TRIP

(CC) = Coach by Colour