

COMMENCING 14TH JANUARY 2017

SPIN AND VIRTUAL CLASSES TIMETABLE

MONDAY			TUESDAY			WEDNESDAY		
TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR
06.45 - 07.15	RPM VIRTUAL EXPRESS 60		07.00 - 07.30	SPRINT	SUS	06.45 - 07.15	RPM VIRTUAL EXPRESS 63	
08.45 - 09.15	RPM VIRTUAL EXPRESS 65		08.00 - 08.30	RPM VIRTUAL EXPRESS 66		08.00 - 08.45	RPM VIRTUAL 71	
09.30 - 10.00	INDOOR CYCLING EXPRESS	MATT	09.30 - 10.00	INDOOR CYCLING EXPRESS	LAURA	09.20 - 09.50	SPRINT	HELEN
10.45 - 11.30	RPM VIRTUAL 69		10.15 - 11.00	RPM VIRTUAL 63		10.00 - 10.45	RPM	RACHEL
12.30 - 13.00	RPM VIRTUAL EXPRESS 64		12.15 - 12.45	RPM VIRTUAL EXPRESS 65		12.30 - 13.00	RPM VIRTUAL EXPRESS 62	
			16.00 - 16.45	RPM VIRTUAL 67		16.00 - 16.30	RPM VIRTUAL EXPRESS 65	
17.00 - 17.45	RPM VIRTUAL 62		17.00 - 17.45	RPM VIRTUAL 70		17.00 - 17.45	RPM VIRTUAL 66	
18.00 - 18.45	RPM	RACHEL	18.00 - 18.45	INDOOR CYCLING	HANNAH	18.30 - 19.00	INDOOR CYCLING EXPRESS	HANNAH
19.05 - 19.35	INDOOR CYCLING EXPRESS	NATASHA	19.00 - 19.45	RPM	RACHEL	19.30 - 20.00	RPM VIRTUAL EXPRESS 63	
20.00 - 20.30	RPM VIRTUAL EXPRESS 62		20.00 - 20.30	RPM VIRTUAL EXPRESS 65		20.15 - 21.00	RPM VIRTUAL 71	
THURSDAY			FRIDAY			SATURDAY		
TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR
06.45 - 07.30	RPM VIRTUAL EXPRESS 64		07.00 - 07.30	SPRINT	SUS	07.45 - 08.30	RPM VIRTUAL 65	
09.30 - 10.00	INDOOR CYCLING EXPRESS	HANNAH	08.45 - 09.15	RPM VIRTUAL EXPRESS 60		09.30 - 10.15	INDOOR CYCLING	RACHEL
10.00 - 10.30	SPRINT	DAVID	09.45 - 10.15	INDOOR CYCLING EXPRESS	HANNAH	10.30 - 11.00	RPM VIRTUAL EXPRESS 64	
12.45 - 13.30	RPM VIRTUAL 65		10.30 - 11.00	RPM VIRTUAL EXPRESS 64		12.00 - 12.45	RPM VIRTUAL 70	
			12.30 - 13.15	RPM VIRTUAL 62				
16.30 - 17.00	RPM VIRTUAL EXPRESS 60		17.15 - 17.45	RPM VIRTUAL EXPRESS 67		15.00 - 15.45	RPM VIRTUAL 62	
18.00 - 18.45	RPM VIRTUAL 62		18.00 - 18.45	RPM	RACHEL	17.00 - 17.30	RPM VIRTUAL EXPRESS 62	
19.00 - 19.30	INDOOR CYCLING EXPRESS	HANNAH	19.00 - 19.45	RPM VIRTUAL 68		19.00 - 19.45	RPM VIRTUAL 70	
19.45 - 20.30	RPM VIRTUAL 67		20.00 - 20.30	RPM VIRTUAL EXPRESS 60				
						SUNDAY		
TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR
						08.00-08.45	RPM VIRTUAL 71	
						09.00 - 09.30	RPM VIRTUAL EXPRESS 65	
						10.30 - 11.15	RPM VIRTUAL 67	
						11.30 - 12.00	RPM VIRTUAL EXPRESS 63	
						15.00 - 15.30	RPM VIRTUAL EXPRESS 67	
						17.00 - 17.45	RPM VIRTUAL 68	
						19.00 - 19.45	RPM VIRTUAL 62	

INDOOR CYCLING An exciting indoor cycling program which is based on the principles of road cycling. Let our motivational instructor's help you perfect your technique and take you through dynamic profiles covering hills, racing, interval training and active recovery. Our inspirational music will inspire you to work to get the very best from this 50 minute class.

INDOOR CYCLING EXPRESS Love the B spin experience but don't have much time on your hands? Or perhaps you just want to try this class on a smaller scale as a stepping stone to achieving your aims? Let our instructors take you through our 30 minute version of this exciting class.

LES MILLS RPM RPM is the indoor cycling workout where you ride to the rhythm of the powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. You have the ability to control the intensity of the workout, which means riders of all capabilities can work out together. The more you ride, the fitter you'll become. Discover your athlete within – sweat and burn to reach your endorphin high. Burn up to 600 calories or 150 MEPS in a typical 50 minute session!

LES MILLS RPM SPRINT What is Les Mills sprint? High-intensity interval training (HIIT) on a bike, LES MILLS SPRINT is a 30 minute workout of high-intensity, designed using an indoor bike to achieve fast results. **BENEFITS:** build lean muscle and train your body to burn fat, faster cardio results than with steady state training, burn calories for hours after your workout, short and intense all done in 30 minutes, build mental toughness, and build it fast!