



SPIN CLASS TIMETABLE

Club Opening Times
From 1st October 2018

Mon-Fri
6.30am – 9.30pm
Last Entry 8pm

Sat-Sun
6.30am – 8.30pm
Last Entry 7pm



MONDAY

TIME	CLASS	TRAINER
06.45-07.15	SPRINT (NEW)	SUS
08.00-08.45	RPM VIRTUAL	
09.30-10.00	INDOOR CYCLING EXPRESS	RACHEL
10.45-11.30	RPM VIRTUAL	
12.30-13.00	RPM VIRTUAL EXPRESS	
13.30-14.00	RPM VIRTUAL EXPRESS	
14.45-15.30	RPM VIRTUAL	
16.00-16.30	RPM VIRTUAL EXPRESS	
18.00-18.45	RPM	RACHEL
19.00-19.30	INDOOR CYCLING EXPRESS	CARLA
20.30-21.00	RPM VIRTUAL EXPRESS	

TUESDAY

TIME	CLASS	TRAINER
08.00-08.30	RPM VIRTUAL EXPRESS	
09.30-10.00	INDOOR CYCLING EXPRESS (NEW)	CARLA
11.00-11.45	RPM VIRTUAL	
12.15-12.45	RPM VIRTUAL EXPRESS	
14.45-15.30	RPM VIRTUAL	
16.00-16.45	RPM VIRTUAL	
18.00-18.45	INDOOR CYCLING	HANNAH
19.00-19.45	RPM	RACHEL
20.30-21.00	RPM VIRTUAL EXPRESS	

WEDNESDAY

TIME	CLASS	TRAINER
06.45-07.15	INDOOR CYCLING (NEW)	RACHEL
08.00-08.30	RPM VIRTUAL EXPRESS	
09.25-09.55	SPIN EXPRESS	LYN
10.00-10.45	RPM	RACHEL
12.30-13.00	RPM VIRTUAL EXPRESS	
13.30-14.15	RPM VIRTUAL	
15.00-15.30	RPM VIRTUAL EXPRESS	
16.00-16.30	RPM VIRTUAL EXPRESS	
17.00-17.30	RPM VIRTUAL EXPRESS	
18.30-19.00	INDOOR CYCLING EXPRESS	HANNAH
20.00-20.45	RPM VIRTUAL	

THURSDAY

TIME	CLASS	TRAINER
06.40-07.10	RPM VIRTUAL EXPRESS	
09.30-10.00	INDOOR CYCLING EXPRESS	HANNAH
10.00-10.30	RPM VIRTUAL EXPRESS	
12.45-13.30	RPM VIRTUAL	
16.30-17.00	RPM VIRTUAL EXPRESS	
17.30-18.15	RPM VIRTUAL	
19.00-19.45	INDOOR CYCLING	LYN
20.15-21.00	RPM VIRTUAL	

FRIDAY

TIME	CLASS	TRAINER
06.45-07.30	RPM VIRTUAL	
08.45-09.15	RPM VIRTUAL EXPRESS	
09.45-10.15	INDOOR CYCLING EXPRESS	HANNAH
11.00-12.00	RPM EXPRESS VIRTUAL	
12.30-13.15	RPM VIRTUAL	
13.30-14.15	RPM VIRTUAL	
15.00-15.30	RPM VIRTUAL EXPRESS	
16.30-17.15	RPM VIRTUAL	
18.00-18.45	RPM	RACHEL
19.30-20.00	RPM VIRTUAL EXPRESS	
20.30-21.00	RPM VIRTUAL EXPRESS	

SATURDAY

TIME	CLASS	TRAINER
07.45-08.30	RPM VIRTUAL	
09.30-10.15	INDOOR CYCLING	RACHEL
10.30-11.00	RPM VIRTUAL EXPRESS	
12.00-12.45	RPM VIRTUAL	
13.00-13.30	RPM VIRTUAL EXPRESS	
14.00-14.45	RPM VIRTUAL	
15.00-15.45	RPM VIRTUAL	
16.00-16.30	RPM VIRTUAL EXPRESS	
17.00-17.30	RPM VIRTUAL EXPRESS	
18.00-18.45	RPM VIRTUAL	
19.00-19.45	RPM VIRTUAL	

SUNDAY

TIME	CLASS
07.00-07.30	RPM VIRTUAL EXPRESS
08.00-08.45	RPM VIRTUAL
09.00-09.30	RPM VIRTUAL EXPRESS
10.30-11.15	RPM VIRTUAL
11.30-12.00	RPM VIRTUAL EXPRESS
12.15-12.45	RPM VIRTUAL EXPRESS
14.00-14.45	RPM VIRTUAL
15.00-15.30	RPM VIRTUAL EXPRESS
16.00-16.45	RPM VIRTUAL
17.00-17.45	RPM VIRTUAL
18.00-18.45	RPM VIRTUAL
19.00-19.45	RPM VIRTUAL