

RPM VIRTUAL CLASSES 3RD JULY

MONDAY

07.30	RPM Virtual	30min	Cycle
08.15	RPM Virtual	45min	Cycle
09.20	Bike Set Up	5min	Cycle
09.30	RPM Virtual	30min	Cycle
10.15	Bike Set Up	5min	Cycle
12.30	RPM Virtual	30min	Cycle
14.00	RPM Virtual	30min	Cycle
16.00	RPM Virtual	30min	Cycle
21.20	Bike Set Up	5min	Cycle
21.30	RPM Virtual	30min	Cycle



THURSDAY

06.15	RPM Virtual	30min	Cycle
08.00	RPM Virtual	45min	Cycle
14.00	RPM Virtual	30min	Cycle
15.30	RPM Virtual	30min	Cycle
16.30	RPM Virtual	45min	Cycle
19.35	Bike Set Up	5min	Cycle
19.45	RPM Virtual	45min	Cycle
20.45	RPM Virtual	30min	Cycle

TUESDAY

06.15	RPM Virtual	30min	Cycle
07.45	RPM Virtual	45min	Cycle
08.50	Bike Set Up	5min	Cycle
09.00	RPM Virtual	30min	Cycle
09.45	RPM Virtual	30min	Cycle
10.30	RPM Virtual	30min	Cycle
11.50	Bike Set Up	5min	Cycle
12.00	RPM Virtual	30min	Cycle
13.00	RPM Virtual	45min	Cycle
15.00	RPM Virtual	30min	Cycle
15.45	RPM Virtual	30min	Cycle
19.30	RPM Virtual	45min	Cycle
20.35	Bike Set Up	5min	Cycle
20.45	RPM Virtual	30min	Cycle

FRIDAY

07.30	RPM Virtual	30min	Cycle
08.15	RPM Virtual	30min	Cycle
10.05	Bike Set Up	5min	Cycle
10.15	RPM Virtual	45min	Cycle
14.35	Bike Set Up	5min	Cycle
14.45	RPM Virtual	30min	Cycle
15.30	RPM Virtual	45min	Cycle
18.00	RPM Virtual	30min	Cycle
18.45	RPM Virtual	30min	Cycle
21.00	RPM Virtual	45min	Cycle

WEDNESDAY

08.00	RPM Virtual	30min	Cycle
08.45	RPM Virtual	45min	Cycle
09.50	Bike Set Up	5min	Cycle
10.00	RPM Virtual	30min	Cycle
14.15	RPM Virtual	30min	Cycle
15.15	RPM Virtual	30min	Cycle
16.15	RPM Virtual	30min	Cycle
20.05	Bike Set Up	5min	Cycle
20.15	RPM Virtual	30min	Cycle

RIDE YOUR WAY

SATURDAY

08.15	RPM Virtual	30min	Cycle
09.00	RPM Virtual	30min	Cycle
14.00	RPM Virtual	45min	Cycle
15.00	RPM Virtual	30min	Cycle
15.50	Bike Set Up	5min	Cycle
16.00	RPM Virtual	30min	Cycle
19.00	RPM Virtual	30min	Cycle
19.45	RPM Virtual	45min	Cycle

SUNDAY

08.20	Bike Set Up	5min	Cycle
08.30	RPM Virtual	45min	Cycle
09.30	RPM Virtual	30min	Cycle
12.15	RPM Virtual	30min	Cycle
14.30	RPM Virtual	45min	Cycle
15.45	RPM Virtual	30min	Cycle
18.05	Bike Set Up	5min	Cycle
18.15	RPM Virtual	30min	Cycle
19.15	RPM Virtual	45min	Cycle

These classes are led by a virtual instructor on-screen.

Don't forget to bring water and a sweat towel and to wipe down your bike after use.

We recommend that you stretch after your class as they do not all include a cool-down due to time constraints. In the event of an emergency please press the "PANIC BUTTON" located at entrance door of studio. CCTV in operation.