

FRI	
Time	Class
7.00-7.35	SCHWINN
7.45-8.20	LES MILLS RPM
9.15-10.10	LES MILLS RPM
10.15-11.10	LES MILLS RPM
13.15-13.50	LES MILLS RPM
15.15-16.10	LES MILLS RPM
16.15-16.50	LES MILLS RPM
18.00-18.55	LES MILLS RPM RIDE
19.15-20.10	LES MILLS RPM
20.15-20.50	LES MILLS RPM

SCHWINN RIDE

35 or 55 minute classes.

This Instructor led indoor **cycling class** provides a fun and challenging cardiovascular workout for all ages (over 16) & fitness levels. Experience a full ride of hills, sprints and endurance intervals with energizing music and motivational instruction. Experience the benefits of a cardio workout plus strength building in one class. NB Schwinn RIDE classes start 6th March until then RPM classes will be available

SAT	
Time	Class
7.30-8.05	LES MILLS RPM
9.00-9.55	LES MILLS RPM
11.15-12.10	LES MILLS RPM
18.00-18.55	LES MILLS RPM
SUN	
Time	Class
7.45-8.20	LES MILLS RPM
9.45-10.40	LES MILLS RPM
11.00-11.55	LES MILLS RPM
18.00-18.55	LES MILLS RPM

PLEASE NOTE: • The WARM-UP is a vital part of your class or workout session and prepares your body for exercise helping to prevent injuries to both muscles and joints. • Please make every effort to arrive in plenty of time so that you can participate in a full WARM-UP. • If you book a class and then find you cannot attend please telephone the centre and tell us. • If you give 48 hours notice no charge will be made.

MON	
Time	Class
7.00-7.35	LES MILLS RPM
7.45-8.20	LES MILLS RPM
8.30-9.25	LES MILLS RPM
10.15-11.10	LES MILLS RPM
11.30-12.25	LES MILLS RPM
13.15-14.10	LES MILLS RPM
14.15-15.10	LES MILLS RPM
17.00-17.55	LES MILLS RPM
18.00-18.55	LES MILLS RPM
20.00-20.55	LES MILLS RPM

LES MILLS RPM

35 or 55 minute classes (includes 5 minute set-up).

RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and burns loads of calories. With great music pumping, your virtual instructor takes you on a journey of hill climbs, sprints and flat riding. You control your own resistance levels and speed so you can build up your fitness level over time. It's a journey, not a race!

TUE	
Time	Class
7.00-7.35	SCHWINN RIDE
7.45-8.20	LES MILLS RPM
8.30-9.25	LES MILLS RPM
10.30-11.25	LES MILLS RPM
12.45-13.20	LES MILLS RPM
15.15-16.10	LES MILLS RPM
16.15-16.50	LES MILLS RPM
17.00-17.35	LES MILLS RPM
19.00-19.55	LES MILLS RPM
20.15-20.50	LES MILLS RPM

SCHWINN RIDE

35 or 55 minute classes. This Instructor led indoor cycling class provides a fun and challenging cardiovascular workout for all ages (over 16) & fitness levels. Experience a full ride of hills, sprints and endurance intervals with energizing music and motivational instruction. Experience the benefits of a cardio workout plus strength building in one class.

NB Schwinn RIDE classes start 6th March until

WED	
Time	Class
7.00-7.35	LES MILLS RPM
7.45-8.20	LES MILLS RPM
8.30-9.25	LES MILLS RPM
10.15-11.10	LES MILLS RPM
11.30-12.25	LES MILLS RPM
13.15-14.10	LES MILLS RPM
14.15-15.10	LES MILLS RPM
17.15-17.45	LES MILLS RPM
18.45-19.40	SCHWINN Normal
20.00-20.55	LES MILLS RPM

LES MILLS RPM

35 or 55 minute classes (includes 5 minute set-up).

RPM is a group indoor cycling workout where you control the intensity. It's fun, low impact and burns loads of calories. With great music pumping, your virtual instructor takes you on a journey of hill climbs, sprints and flat riding. You control your own resistance levels and speed so you can build up your fitness level over time. It's a journey, not a race!

THU	
Time	Class
7.00-7.35	LES MILLS RPM
7.45-8.20	LES MILLS RPM
8.30-9.25	LES MILLS RPM
10.30-11.25	LES MILLS RPM
12.45-13.20	LES MILLS RPM
15.15-16.10	LES MILLS RPM
16.15-16.50	LES MILLS RPM
17.00-17.35	LES MILLS RPM
19.00-19.55	LES MILLS RPM
20.15-20.50	LES MILLS RPM

Indicates a Virtual Class.
NB where an instructor is unavailable for a live class, a virtual class will be put on in its place...you will never have to miss a class!