

# CLASS TIMETABLE

LES MILLS



MON	TUES	WED	THURS	FRI	SAT	SUN
<b>06:30-07:15</b> Group Cycling Spin Studio Graham Hogg	<b>06:20-06:50</b> Sprint Virtual Class		<b>06:20-06:50</b> Virtual RPM Virtual Class	<b>06:20-06:50</b> Virtual RPM Virtual Class		
<b>07:45-08:15</b> Virtual RPM Virtual Class	<b>07:00-07:30</b> Virtual PRM Virtual Class	<b>07:00-07:45</b> Group Cycling Spin Studio Jo Murray	<b>07:00-07:30</b> Virtual RPM Virtual Class	<b>07:00-07:45</b> Group Cycling Spin Studio Jo Murray		
<b>08:30-09:15</b> Virtual RPM Virtual Class	<b>08:30-09:15</b> The Trip Virtual Class	<b>08:30-09:15</b> Virtual RPM Virtual Class	<b>08:30-09:15</b> Virtual RPM Virtual Class	<b>08:30-09:00</b> Sprint Virtual Class	<b>08:15-09:00</b> Virtual RPM Virtual Class	<b>08:30-09:00</b> Sprint Virtual Class
	<b>09:30-10:00</b> RPM Tutorial Virtual Class		<b>09:30-10:00</b> RPM Tutorial Virtual Class		<b>09:00-09:30</b> RPM Tutorial Virtual Class	
<b>10:15-11:15</b> Group Cycling Spin Studio John Griffin		<b>10:30-11:30</b> Group Cycling Spin Studio John Griffin		<b>10:30-11:30</b> Group Cycling Spin Studio John Griffin		
<b>On Demand Available from 10:00-15:30 Daily!</b>						
<b>16:00-16:30</b> Virtual RPM Virtual Class	<b>16:00-16:30</b> Virtual RPM Virtual Class	<b>16:00-16:30</b> Sprint Virtual Class	<b>16:00-16:30</b> Virtual RPM Virtual Class	<b>16:00-16:30</b> Virtual RPM Virtual Class	<b>16:00-16:30</b> Virtual RPM Virtual Class	<b>16:00-16:30</b> Virtual RPM Virtual Class
<b>16:45-17:15</b> Sprint Virtual Class				<b>17:00-17:45</b> The Trip! Virtual Class	<b>17:00-17:45</b> The Trip Virtual Class	<b>16:45-17:30</b> The Trip Virtual Class
<b>17:30-18:15</b> The Trip Virtual Class						
<b>19:00-19:45</b> Group Cycling Spin Studio Jo Murray	<b>18:30-19:15</b> Group Cycling Spin Studio Rob Moore	<b>18:00-18:45</b> Group Cycling Spin Studio Leon Dallyn	<b>18:30-19:15</b> Group Cycling Spin Studio Rob Moore	<b>On Demand Available</b> <b>18:00-21:30</b>	<b>On Demand Available</b> <b>18:00-19:30</b>	<b>18:00-18:45</b> Group Cycling Spin Studio Rob Moore
<b>21:15-21:45</b> Virtual RPM Virtual Class	<b>21:15-21:45</b> Virtual RPM Virtual Class	<b>21:15-21:45</b> Virtual RPM Virtual Class	<b>21:15-21:45</b> Virtual RPM Virtual Class			

Please bring a water bottle. Wipe any equipment before and after use as per signage and directed by your class instructor.

To book your class please access the timetable by the mywellness app.