CLASS TIMETABLE
SPIN STUDIO

MON	TUE	WED	THU	FRI	SAT	SUN
06:45-07:30 **Group Cycling** Spin Studio Graham Hogg	06:20-06:50 **Virtual RPM** Virtual Class		06:20-06:50 **Virtual RPM** Virtual Class	06:20-06:50 **Virtual RPM** Virtual Class		
07:45-08:15 **Virtual RPM** Virtual Class	07:00-07:30 **Virtual RPM** Virtual Class	07:00-07:45 **Group Cycling** Spin Studio Jo Murray	07:00-07:30 **Virtual RPM** Virtual Class	07:00-07:45 **Group Cycling** Spin Studio Jo Murray		
08:30-09:15 **Virtual RPM** Virtual Class	08:30-09:15 **The Trip** Virtual Class	08:30-09:15 **Virtual RPM** Virtual Class	08:30-09:15 **Virtual RPM** Virtual Class	08:30-09:00 **Sprint** Virtual Class	08:15-09:00 **Virtual RPM** Virtual Class	08:30-09:00 **Sprint** Virtual Class
	09:30-10:00 **Virtual RPM** Virtual Class		09:30-10:00 **Virtual RPM** Virtual Class		09:15-10:00 **Group Cycling** Spin Studio Debi Williams	
10:30-11:15 **Group Cycling** Spin Studio Monta Udine		10:30-11:30 **Group Cycling** Spin Studio John Griffin		10:30-11:30 **Group Cycling** Spin Studio John Griffin		
ON DEMAND CLASSES ARE AVAILABLE FROM 10:00 - 15:30 DAILY						
16:00-16:30 **Virtual RPM** Virtual Class	16:00-16:30 **Virtual RPM** Virtual Class	16:00-16:30 **Sprint** Virtual Class	16:00-16:30 **Sprint** Virtual Class	16:00-16:30 **Virtual RPM** Virtual Class	16:00-16:30 **Virtual RPM** Virtual Class	16:00-16:45 **The Trip** Virtual Class
16:45-17:15 **Sprint** Virtual Class	17:00-17:45 **The Trip** Virtual Class	17:00-17:30 **Virtual RPM** Virtual Class	17:00-17:45 **The Trip** Virtual Class	17:00-17:45 **Virtual RPM** Virtual Class	17:00-17:45 **The Trip** Virtual Class	
19:00-19:45 **Group Cycling** Spin Studio Jo Murray	18:00-18:45 **Virtual RPM** Virtual Class	18:00-18:45 **Group Cycling** Spin Studio Debi Williams	18:00-18:45 **Virtual RPM** Virtual Class	On Demand Available 18:00-21:30	On Demand Available 18:00-19:30	

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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.