

Monday - Cycling Classes	
Time	Session
06:30 - 07:00	Virtual Sprint
07:30 - 08:15	Virtual The Trip
08:45 - 09:15	Virtual Sprint
09:30 - 10:00	Virtual RPM
10:30 - 11:15	Virtual The Trip
12:15 - 12:45	Virtual RPM
13:00 - 13:45	Virtual RPM
14:15 - 14:45	Virtual Sprint
15:15 - 15:45	Virtual RPM
16:15 - 17:00	Virtual The Trip
17:15 - 17:45	Virtual Sprint
18:00 - 18:45	Virtual The Trip
19:15 - 20:00	Studio Cycling

Tuesday - Cycling Classes	
Time	Session
06:30 - 07:00	Virtual Sprint
09:30 - 10:15	Virtual The Trip
10:45 - 11:30	Virtual RPM
12:00 - 12:45	Virtual The Trip
13:15 - 14:00	Virtual RPM
14:30 - 15:00	Virtual RPM
15:30 - 16:00	Virtual RPM
16:15 - 17:00	Virtual Trip Family
17:45 - 18:15	Virtual RPM
18:30 - 19:15	Virtual The Trip
20:05 - 20:50	Studio Cycling

Wednesday - Cycling Classes	
Time	Session
06:30 - 07:00	Virtual Sprint
07:30 - 08:15	Virtual The Trip
08:45 - 09:15	Virtual Sprint
09:45 - 10:15	Virtual Sprint
10:45 - 11:30	Virtual The Trip
12:00 - 12:30	Virtual RPM
13:00 - 13:45	Virtual RPM
14:15 - 14:45	Virtual Sprint
15:15 - 15:45	Virtual RPM
16:15 - 17:00	Virtual The Trip
17:30 - 18:15	Virtual RPM
18:30 - 19:15	Virtual The Trip
19:30 - 20:00	Virtual Sprint

Cycling Timetable

Commencing September 2026

Thursday Cycling Classes	
Time	Session
06:30 - 07:00	Virtual Sprint
07:15 - 08:00	Virtual The Trip
08:15 - 08:45	Virtual RPM
09:30 - 10:15	Virtual The Trip
10:45 - 11:30	Virtual RPM
12:00 - 12:45	Virtual The Trip
14:30 - 15:00	Virtual RPM
15:30 - 16:00	Virtual Sprint
16:30 - 17:15	Virtual Trip Family
17:30 - 18:00	Virtual RPM
18:15 - 19:00	Studio Cycling
19:45 - 20:30	Virtual RPM

Friday - Cycling Classes	
Time	Session
06:30 - 07:00	Virtual Sprint
07:30 - 08:15	Virtual The Trip
08:30 - 09:00	Virtual Sprint
09:30 - 10:15	Virtual The Trip
10:45 - 11:30	Virtual The Trip
12:00 - 12:30	Virtual RPM
12:45 - 13:30	Virtual RPM
14:15 - 14:45	Virtual Sprint
15:15 - 15:45	Virtual RPM
16:15 - 17:00	Virtual The Trip
17:30 - 18:15	Virtual The Trip
18:30 - 19:00	Virtual Sprint

Saturday - Cycling Classes	
Time	Session
08:00 - 08:30	Virtual Sprint
08:45 - 09:30	Virtual RPM
09:45 - 10:15	Virtual Sprint
10:30 - 11:15	Virtual Family Trip

Sunday- Cycling Classes	
Time	Session
08:00 - 08:45	Studio Cycling
09:00 - 09:30	Virtual Sprint
09:45 - 10:15	Virtual RPM
10:30 - 11:15	Virtual Family Trip
17:45 - 18:30	Virtual The Trip
18:45 - 19:15	Virtual Sprint