



# CYCLE STUDIO - TIMETABLE

As at 1 May 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00am	<b>LES MILLS RPM</b>	<b>LES MILLS sprint</b>	<b>LES MILLS RPM</b>	<b>LES MILLS sprint</b>			
07:00am						<b>LES MILLS RPM</b>	
08:00am							
09:30am	<b>LES MILLS RPM</b>	<b>LES MILLS sprint</b>			<b>LES MILLS RPM</b>		
17:30pm			<b>LES MILLS RPM</b>				
18:00pm	<b>FREESTYLE CYCLE</b>						
19:00pm							

- **VIRTUAL CLASSES COMING SOON.**
- Timetable subject to change based on instructor availability.
- Please make sure you arrive at least 5 minutes before the starting time, as instructors will not allow entry to any latecomers. This ensures all classes continue to run on time and don't impact later sessions.
- Please bring your own towel to each class and to wipe down equipment using provided sanitation products after use.