



CYCLE STUDIO - TIMETABLE

As at 4th of November 2024

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

- 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.