



CYCLE STUDIO - TIMETABLE

As at 14th May 2025

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|--|-----------------------------------|--------------------------------|-----------------------------------|--------------------------------|--------------------------------|--------|
| 06:00am | LES MILLS RPM | LES MILLS sprint | LES MILLS RPM | LES MILLS sprint | FREESTYLE CYCLE | | |
| 07:00am | | | | | | LES MILLS RPM | |
| 09:00am | LES MILLS RPM Xpress | | | | | | |
| 09:30am | | 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.