



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	
08:30am							LES MILLS sprint
9:00am	LES MILLS RPM Xpress						
09:30am		LES MILLS sprint			LES MILLS RPM		
17:30pm	LES MILLS sprint		LES MILLS RPM				
18:00pm							

- 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.