

GROUP CYCLE CLASSES

Timetable correct as of 14/11/22

VIRTUAL CLASSES

MONDAY	06:30am 09:15am 19:30pm
TUESDAY	16:00pm TEEN CYCLE (14+) 19:30pm
WEDNESDAY	06:30am 19:30pm
THURSDAY	16:00pm TEEN CYCLE (14+) 19:30pm
FRIDAY	06:30am 19:30pm
SATURDAY	09:00am
SUNDAY	09:00am 10:00am
* virtual classes are 30-60 mins long	

INSTRUCTOR CLASSES

MONDAY	10:15am – 11:00am 12:00pm – 12:45pm
TUESDAY	06:15am - 07:00am 09:15am - 10:00am 17:30pm - 18:15pm
WEDNESDAY	17:30pm - 18:15pm 18:30pm - 19:15pm
THURSDAY	06:15am – 07:00am 10:00am – 10:45am 11:00am – 11:45am
FRIDAY	13:15pm - 14:00pm 17:30pm - 18:15pm 18:30pm - 19:15pm
SATURDAY	10:00am – 10:45am
SUNDAY	

Book classes online: