

# VIRTUAL SPIN TIMETABLE

	MON	TUES	WED	THURS	FRI	SAT	SUN
5.00AM	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT
5.30AM	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT
6.00AM		SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT
6.30AM	SPRINT	SPRINT	RPM	SPRINT		RPM	SPRINT
7.00AM	RPM			RPM	RPM		RPM
7.30AM			SPRINT			SPRINT	
8.00AM	SPRINT	SPRINT	SPRINT		SPRINT	SPRINT	SPRINT
8.30AM	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT
9.00AM	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT		RPM
9.30AM							
10.00AM		SPRINT		SPRINT			SPRINT
10.30AM	SPRINT	RPM	SPRINT	SPRINT	SPRINT	RPM	RPM
11.00AM	SPRINT		SPRINT	SPRINT	SPRINT		
11.30AM	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT
12.00PM	SPRINT		SPRINT		SPRINT		
12.30PM	RPM	SPRINT	RPM	SPRINT	RPM	SPRINT	SPRINT
1.00PM							
1.30PM	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT
2.00PM		SPRINT	SPRINT	SPRINT			
2.30PM	SPRINT	RPM	SPRINT	RPM	SPRINT	RPM	RPM
3.00PM	SPRINT		SPRINT				
3.30PM	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT
4.00PM						SPRINT	SPRINT
4.30PM	RPM	SPRINT	RPM	SPRINT	RPM		
5.00PM						RPM	RPM
5.30PM	SPRINT	SPRINT	SPRINT	RPM	SPRINT		
6.00PM	SPRINT	SPRINT			SPRINT		
6.30PM			SPRINT	RPM	RPM	SPRINT	SPRINT
7.00PM						RPM	RPM
7.30PM	RPM		RPM		SPRINT		
8.00PM		SPRINT		SPRINT	RPM	SPRINT	SPRINT
8.30PM	SPRINT	SPRINT	SPRINT			SPRINT	SPRINT
9.00PM	SPRINT		RPM	RPM	SPRINT	RPM	RPM
9.30PM		SPRINT			SPRINT		
10.00PM	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT

SPRINT: 30 min | RPM:45 min



Built on the science of high-intensity interval training (HIIT). It's a quick and hard style of training that returns rapid results with minimal joint impact. The short duration of a LES MILLS SPRINT workout will motivate you to push your physical and mental limits. The payoff is you burn calories for hours after a good HIIT workout.



RPM™ is a cycling workout that delivers maximum results with minimum impact on your joints. Tune in to some great music and get your pedals spinning as your instructor takes you on a journey of hill climbs, sprints and flat riding scientifically developed and regularly tested to ensure excellent results. You control your own resistance levels and speed so you can build up your fitness level over time. If you want a true sense of achievement, get into a RPM class today.