

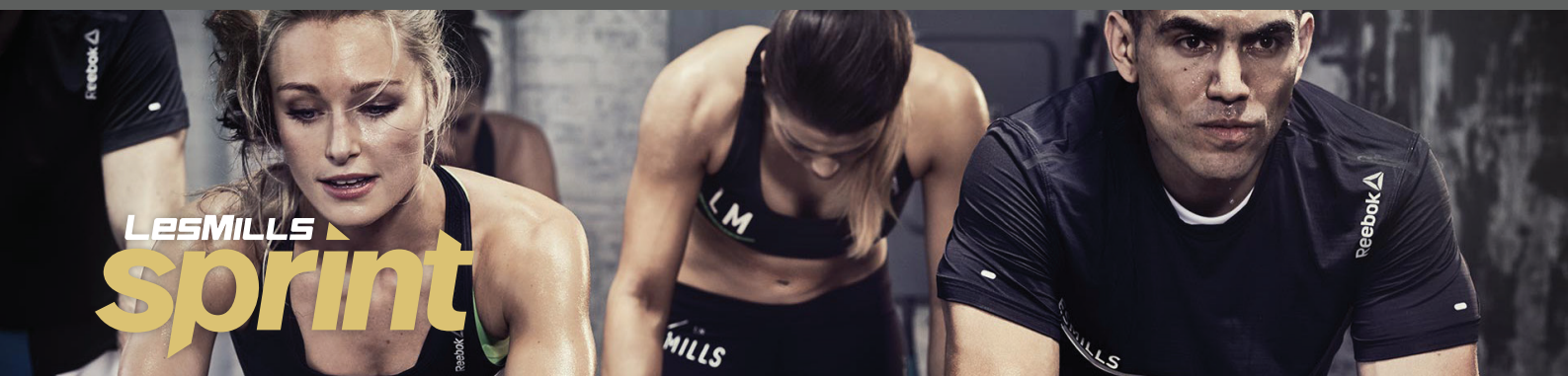
VIRTUAL SPIN TIMETABLE

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

SPRINT: 30 min | RPM:45 min

ON DEMAND

At selected times, you'll be able to jump into **Les Mills SPRINT, RPM, or THE TRIP** and ride your way to new levels of fitness. Whether you're chasing speed, endurance, or an immersive experience, we've got a ride for you.



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.



THE TRIP is a fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally-created worlds. With its cinema-scale screen and sound system, this **IMMERSIVE FITNESS®** workout takes motivation and energy output to the next level, burning serious calories.