

VIRTUAL SPIN TIMETABLE

	MON	TUES	WED	THURS	FRI	SAT	SUN
6.30AM		SPRINT		SPRINT			
7.30AM							
8.30AM		RPM		RPM		SPRINT	
9.30AM							
10.30AM	SPRINT	RPM	SPRINT	SPRINT	SPRINT	RPM	RPM
11.30AM							
12.30PM	RPM	SPRINT	RPM	SPRINT	RPM	SPRINT	SPRINT
1.30PM							
2.30PM	SPRINT	RPM	SPRINT	RPM	SPRINT	RPM	RPM
3.30PM						SPRINT	SPRINT
4.30PM	RPM	SPRINT	RPM	SPRINT	RPM		
5.30PM							
6.30PM					RPM		
7.30PM			RPM		SPRINT		
8.30PM		SPRINT		SPRINT			
9.30PM	SPRINT			RPM			

SPRINT: 30 min | RPM:45 min



LES MILLS sprint

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.



LES MILLS RPM

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.