



# Les Mills Virtual Cycle Classes

**Monday**      **Tuesday**      **Wednesday**      **Thursday**      **Friday**      **Sunday**

Virtual RPM 7:15- 8:05am Group Cycle Room	Virtual RPM 7:15- 8:05am Group Cycle Room	Virtual SPRINT 7:30- 8:00am Group Cycle Room	Virtual RPM 7:15- 8:05am Group Cycle Room	Virtual SPRINT 7:30- 8:00am Group Cycle Room	Virtual SPRINT 9:00- 9:30am Group Cycle Room
Virtual RPM 9:30- 10:20am Group Cycle Room			Virtual SPRINT 9:00- 9:30am Group Cycle Room	Virtual RPM 9:30- 10:20am Group Cycle Room	Virtual RPM 10:30- 11:20am Group Cycle Room
Virtual RPM 5:00- 5:50pm Group Cycle Room	Virtual SPRINT 5:45- 6:15pm Group Cycle Room			Virtual SPRINT 4:10- 4:40pm Group Cycle Room	
Virtual SPRINT 7:30- 8:00pm Group Cycle Room		Virtual RPM 7:00- 7:50pm Group Cycle Room			

**5 People in a class, and all bikes are spaced out for physical distancing.**

**NO RESERVATION NEEDED.**

We can add a day or time!