



Les Mills Virtual Cycle Classes

Monday **Tuesday** **Wednesday** **Thursday** **Friday** **Saturday** **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 SPRINT 9:00-9:30am Group Cycle Room
Virtual RPM 9:30-10:20am Group Cycle Room	Virtual SPRINT 9:45-10:15am Group Cycle Room	Virtual SPRINT 2:30-3:00pm 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 6:00-6:30pm 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!