

Cycle Studio Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am	LES MILLS <i>sprint</i>	LES MILLS <i>RPM</i>	LES MILLS <i>RPM</i>	LES MILLS <i>sprint</i>	LES MILLS <i>sprint</i>		
7:30 am							LES MILLS <i>sprint</i>
8:30 am							LES MILLS <i>sprint</i>
9:00 am			LES MILLS <i>sprint</i>				
12:15 pm	LES MILLS <i>sprint</i>						
4:45 pm		LES MILLS <i>RPM</i>		LES MILLS <i>RPM</i>			
5:00 pm	LES MILLS <i>sprint</i>						
5:35 pm			LES MILLS <i>sprint</i>				