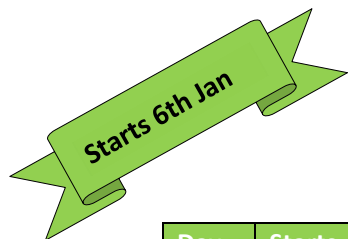


Myride Cycle Studio Classes

Winter 2020

Day	Starts	Class Type	Format	Instructor	Duration
Mon	07:00	Indoor Cycle	Instructor Led	Iain Kermode/Tom Levy	30
	09:15	Tour Coach	Fast Class	Virtual	30
	11:15	Indoor Cycle	Instructor Led	Diane Prior	30
	12:15	Coach by Colour	Instructor led	Stacey Martin	30
	13:15	Tour Coach	Fast Class	Virtual	30
	15:00	Studio Coach	Drill	Virtual	20
	16:00	Studio Coach	Fast Class	Virtual	30
	18:00	Indoor Cycle	Instructor Led	Murray Grant	45
	20:30	Indoor Cycle	Instructor Led	Tara Whiting	45
	21:45	Studio Coach	Drill	Virtual	20
Tues	08:30	Studio Coach	Fast Class	Virtual	30
	10:00	Tour Coach	Fast Class	Virtual	30
	12:15	Indoor Cycle	Instructor Led	Lou Hebron	30
	14:15	Studio Coach	Drill	Virtual	20
	14:45	Tour Coach	Fast Class	Virtual	30
	16:15	Studio Coach	Drill	Virtual	20
	18:00	Indoor Cycle	Instructor Led	Katy Glenville	45
	19:15	Coach by Colour	Instructor led	Tara Whiting	45
	19:45	Studio Coach	Drill	Virtual	20
	20:45	Studio Coach	Drill	Virtual	20
	21:15	Tour Coach	Fast Class	Virtual	30
Wed	07:00	Coach by Colour	Instructor Led	Iain Kermode/Tom Levy	30
	09:30	Studio Coach	Fast Class	Virtual	30
	11:00	Tour Coach	Fast Class	Virtual	30
	13:15	Indoor Cycle	Instructor Led	Lou Hebron	30
	15:30	Tour Coach	Fast Class	Virtual	30
	16:30	Studio Coach	Drill	Virtual	20
	17:45	Indoor Cycle	Instructor Led	Tara Whiting	45
	19:45	Indoor Cycle	Instructor Led	Lou Hale	45
	21:00	Studio Coach	Fast Class	Virtual	30
	21:45	Studio Coach	Drill	Virtual	20



Myride Cycle Studio Classes

Winter 2020

Day	Starts	Class Type	Format	Instructor	Duration
Thur	07:00	Tour Coach	Fast Class	Virtual	30
	08:30	Studio Coach	Fast Class	Virtual	30
	11:00	Indoor Cycle	Instructor Led	Alexis Upcott	30
	15:00	Studio Coach	Fast Class	Virtual	30
	16:30	Tour Coach	Fast Class	Virtual	30
	17:30	Studio Coach	Drill	Virtual	20
	18:15	Coach by Colour	Instructor Led	Lucas Asprou	45
	20:45	Tour Coach	Fast Class	Virtual	30
	21:30	Studio Coach	Drill	Virtual	20
Fri	08:00	Studio Coach	Drill	Virtual	20
	09:00	Tour Coach	Fast Class	Virtual	30
	12:15	Indoor Cycle	Instructor Led	Lou Hebron	30
	13:30	Tour Coach	Fast Class	Virtual	30
	14:25	Studio Coach	Drill	Virtual	20
	15:30	Studio Coach	Fast Class	Virtual	30
	17:45	Indoor Cycle	Instructor Led	Tara Whiting	45
	20:00	Studio Coach	Drill	Virtual	20
	21:00	Tour Coach	Fast Class	Virtual	30
Sat	08:00	Studio Coach	Fast Class	Virtual	30
	09:45	Indoor Cycle	Instructor Led	Tara Whiting	45
	11:45	Coach by Colour	Instructor Led	Tara Whiting	30
	13:25	Studio Coach	Fast Class	Virtual	30
	17:00	Studio Coach	Class	Virtual	60
Sun	08:30	Studio Coach	Class	Virtual	60
	10:30	Indoor Cycle`	Instructor Led	Katy Glenville	45
	12:00	Tour Coach	Class	Virtual	60
	13:45	Studio Coach	Fast Class	Virtual	30
	17:30	Studio Coach	Fast Class	Virtual	30

All **Instructor led** classes must be booked in advance either in person or over the telephone at reception, at one of our self-serve kiosks or on-line. Please note that for these sessions no bookings will be accepted within 5 minutes of the advertised start time and no admittance will be allowed once the class has commenced.

All other sessions are Virtual classes and can only be accessed via the Fitness Centre. i.e. for Fitness Centre users who have completed an Induction. Users do so at their own risk and should understand that no direct supervision is given outside of **Instructor led** sessions.