

	MON	TUE	WED	THU	FRI	SAT	SUN
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VIRTUAL CYCLE CLASS TIMETABLE JULY - DECEMBER 2017

05:15	INTERVAL 40 mins	SPORTS 40 mins	FAT BURN 40 mins	CARDIO 40 mins	SPORTS 40 mins		
06:00	LIVE CLASS See Group Fitness Timetable	LIVE CLASS See Group Fitness Timetable	LIVE CLASS See Group Fitness Timetable	SPORTS 40 mins	LIVE CLASS See Group Fitness Timetable		
07:10							INTERVAL 60 mins
07:15				FAT BURN 40 mins	INTERVAL 60 mins		
07:30						INTERVAL 40 mins	
08:30						LIVE CLASS See Group Fitness Timetable	LIVE CLASS See Group Fitness Timetable
08:45				LIVE CLASS See Group Fitness Timetable	LIVE CLASS See Group Fitness Timetable		
09:30	FAT BURN 40 mins	LIVE CLASS See Group Fitness Timetable	LIVE CLASS See Group Fitness Timetable		LIVE CLASS See Group Fitness Timetable	LIVE CLASS See Group Fitness Timetable	INTERVAL 60 mins
09:50				SPORTS 60 mins			
10:30	LIVE CLASS See Group Fitness Timetable		SPORTS 40 mins				
10:35		CARDIO 40 mins					
10:40						FAT BURN 40 mins	
11:00							
11:05							
11:30							
11:35							
11:45							
12:00							
12:30				CARDIO 40 mins			
12:35			FAT BURN 40 mins				
12:45							
14:00							
15:00			SPORTS 40 mins			CARDIO 60 mins	FAT BURN 60 mins
16:00	FAT BURN 40 mins	CARDIO 40 mins			CARDIO 40 mins		
16:15						SPORTS 40 mins	SPORTS 40 mins
17:00	LIVE CLASS See Group Fitness Timetable				INTERVAL 40 mins		
17:30		INTERVAL 40 mins					
18:00	LIVE CLASS See Group Fitness Timetable		LIVE CLASS See Group Fitness Timetable	SPORTS 60 mins			
19:00		LIVE CLASS See Group Fitness Timetable					
19:10	INTERVAL 40 mins						
19:15				INTERVAL 40 mins			
20:10		CARDIO 40 mins					