



# CYCLE STUDIO TIMETABLE

**Starts 16<sup>th</sup> May 2022**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:35am	<b>sprint</b> 30'	<b>RPM</b> 30'	<b>sprint</b> 30'	<b>RPM</b> 30'	<b>sprint</b> 30'	
6:15am	<b>RPM</b> 50 Min - LIVE CLASS	<b>sprint</b> 30'	<b>RPM</b> 50 Min - LIVE CLASS	<b>sprint</b> 30'	<b>RPM</b> 50 Min - LIVE CLASS	
7:15am						<b>sprint</b> 30'
7:30am	<b>RPM</b> 45'	<b>sprint</b> 30'	<b>RPM</b> 45'	<b>sprint</b> 30'	<b>RPM</b> 45'	
8am						<b>RPM</b> 60 Min - LIVE CLASS
9:30am	<b>sprint</b> 30'	<b>RPM</b> 45'	<b>sprint</b> 30'	<b>RPM</b> 45'	<b>RPM</b> 45'	<b>sprint</b> 30'
10:45am		<b>RPM</b> 45'		<b>sprint</b> 30'		<b>sprint</b> 30'
12:30pm	<b>RPM</b> 50 Min - LIVE CLASS	<b>sprint</b> 30'	<b>RPM</b> 50 Min - LIVE CLASS	<b>RPM</b> 45'	<b>sprint</b> 30'	<b>RPM</b> 45'
1:30pm						<b>sprint</b> 30'
3:45pm	<b>RPM</b> 45'	<b>sprint</b> 30'	<b>RPM</b> 45'	<b>sprint</b> 30'	<b>RPM</b> 45'	<b>RPM</b> 45'
5:45pm	<b>sprint</b> 30'	<b>RPM</b> 50 Min - LIVE CLASS	<b>sprint</b> 30'	<b>RPM</b> 50 Min - LIVE CLASS	<b>sprint</b> 30'	<b>RPM</b> 30'
6:45pm	<b>RPM</b> 45'	<b>sprint</b> 30'	<b>RPM</b> 45'	<b>sprint</b> 30'	<b>RPM</b> 45'	

**VIRTUAL** = Our VIRTUAL CLASSES within our facility are identified by this logo. = Class Duration in minutes.

Our fleet of bikes are Body Bike's | Please bring with you a towel and full water bottle | Wear comfortable workout clothing & supportive shoes

You will find us at 1 Snowy River Avenue, Jindabyne NSW 2627

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