



# CYCLE STUDIO TIMETABLE

**Starts 10<sup>th</sup> June 2025**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:35am	<b>LES MILLS sprint</b> 30	<b>LES MILLS RPM</b> 30	<b>LES MILLS sprint</b> 30	<b>LES MILLS RPM</b> 30	<b>LES MILLS RPM</b> 30	
6:15am	<b>LES MILLS RPM</b> 50 Min - LIVE CLASS		<b>LES MILLS RPM</b> 50 Min - LIVE CLASS	<b>LES MILLS THE TRIP</b> 45	<b>LES MILLS RPM</b> 50 Min - LIVE CLASS	
7:15am						<b>LES MILLS sprint</b> 30
7:30am	<b>LES MILLS THE TRIP</b> 45	<b>LES MILLS sprint</b> 30	<b>LES MILLS RPM</b> 50	<b>LES MILLS RPM</b> 50	<b>LES MILLS THE TRIP</b> 45	
8am						<b>LES MILLS RPM</b> 50 Min - LIVE CLASS
9:30am	<b>LES MILLS RPM</b> 50	<b>LES MILLS THE TRIP</b> 45	<b>LES MILLS sprint</b> 30	<b>LES MILLS RPM</b> 50	<b>LES MILLS THE TRIP</b> 45	<b>LES MILLS sprint</b> 30
12:30pm	<b>LES MILLS RPM</b> 50	<b>LES MILLS sprint</b> 30	<b>LES MILLS THE TRIP</b> 45	<b>LES MILLS sprint</b> 30	<b>LES MILLS RPM</b> 50	<b>LES MILLS THE TRIP</b> 45
4pm	<b>LES MILLS THE TRIP</b> 45	<b>LES MILLS sprint</b> 30	<b>LES MILLS RPM</b> 50	<b>LES MILLS THE TRIP</b> 45	<b>LES MILLS sprint</b> 30	<b>LES MILLS RPM</b> 50
5:45pm	<b>LES MILLS sprint</b> 30	<b>LES MILLS RPM</b> 50 Min - LIVE CLASS	<b>LES MILLS THE TRIP</b> 45	<b>LES MILLS RPM</b> 50 Min - LIVE CLASS	<b>LES MILLS THE TRIP</b> 45	
6:45pm	<b>LES MILLS RPM</b> 50	<b>LES MILLS THE TRIP</b> 45	<b>LES MILLS sprint</b> 30	<b>LES MILLS THE TRIP</b> 45	<b>LES MILLS sprint</b> 30	

***Classes are for everyone!***

**LES MILLS 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 water bottle | Wear comfortable workout clothing & supportive shoes

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

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