



CYCLE STUDIO TIMETABLE

Starts 10th March 2025

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

Classes are for everyone!

VIRTUAL = Our VIRTUAL CLASSES within our facility are identified by this logo. 30 45 50 = 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

highcountryfitness.com.au | Facebook | Instagram