



CYCLE STUDIO TIMETABLE

Starts 7th October 2025

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