



# CYCLE STUDIO TIMETABLE

**Starts 7<sup>th</sup> October 2026**

|         | Monday              | Tuesday             | Wednesday           | Thursday.           | Friday              | Saturday            | Sunday |
|---------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|--------|
| 5:35am  | 30                  | 30                  | 30                  | 30                  | 30                  |                     |        |
| 6:15am  | 50 Min - LIVE CLASS | 50                  | 50 Min - LIVE CLASS | 30                  | 50 Min - LIVE CLASS |                     | 50     |
| 7:15am  |                     |                     |                     |                     |                     | 30                  |        |
| 7:30am  | 30                  | 30                  | 50                  | 50                  | 45                  |                     |        |
| 8am     |                     |                     |                     |                     |                     | 50 Min - LIVE CLASS | 45     |
| 9:30am  | 50                  | 45                  | 30                  | 50                  | 30                  | 30                  | 50     |
| 12:30pm | 50                  | 30                  | 45                  | 30                  | 50                  | 50                  | 30     |
| 4pm     | 50                  | 30                  | 50                  | 45                  | 30                  | 50                  | 30     |
| 5:45pm  | 30                  | 50 Min - LIVE CLASS | 45                  | 50 Min - LIVE CLASS | 50                  |                     | 50     |
| 6:45pm  | 50                  | 45                  | 30                  | 50                  | 30                  |                     |        |

***Classes are for everyone!***

**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

[highcountryfitness.com.au](http://highcountryfitness.com.au) | Facebook | Instagram