



CYCLE STUDIO TIMETABLE

Starts 8th October 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:35am	sprint 30'	RPM 30'	sprint 30'	RPM 30'	sprint 30'	
6:15am	RPM 50 Min - LIVE CLASS	sprint 30'	RPM 50 Min - LIVE CLASS	sprint 30'	RPM 50 Min - LIVE CLASS	
7:10am						sprint 30'
7:30am	sprint 30'	RPM 45'	sprint 30'	RPM 45'	sprint 30'	
8am						RPM 60 Min - LIVE CLASS
9:35am	sprint 30'	RPM 45'	sprint 30'	RPM 45'	sprint 30'	sprint 30'
12:35pm	RPM 45'	sprint 30'	RPM 45'	sprint 30'	RPM 45'	sprint 30'
4pm	RPM 45'	sprint 30'	RPM 45'	sprint 30'	RPM 45'	RPM 45'
5:45pm	sprint 30'	RPM 50 Min - LIVE CLASS	sprint 30'	RPM 50 Min - LIVE CLASS	sprint 30'	sprint 30'
6:50pm	RPM 45'	sprint 30'	RPM 45'	sprint 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 full 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