

# STUDIO ONE

MONDAY

6.45 AM - 7.30 AM

STUDIO CYCLING

8.45 AM - 9.15 AM

RPM EXPRESS VIRTUAL

9.30 AM - 10.15 AM

STUDIO CYCLING

11.30 AM - 12.15 PM

RPM VIRTUAL

1.30 PM - 2.15 PM

RPM VIRTUAL

2.15 PM - 3.00 PM

RPM VIRTUAL

3.15 PM - 4.00 PM

RPM VIRTUAL

5.30 PM - 6.00 PM

YOUTH RPM VIRTUAL

6.15 PM - 7.00 PM

STUDIO CYCLING

7.15 PM - 7.45 PM

RPM EXPRESS VIRTUAL

8.00 PM - 8.45 PM

STUDIO CYCLING

**LES MILLS**  
**RPM**

**LES MILLS**  
**RPM VIRTUAL**

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# STUDIO ONE

TUESDAY

6.45 AM - 7.30 AM

STUDIO CYCLING

9.30 AM - 10.15 AM

RPM VIRTUAL

10.30 AM - 11.15 AM

RPM VIRTUAL

11.30 AM - 12.15 PM

STUDIO CYCLING

1.00 PM - 1.45 PM

RPM VIRTUAL

3.15 PM - 4.00 PM

RPM VIRTUAL

5.30 PM - 6.00 PM

RPM EXPRESS VIRTUAL

6.15 PM - 6.45 PM

YOUTH RPM VIRTUAL

7.15 PM - 8.00 PM

STUDIO CYCLING

8.15 PM - 9.00 PM

STUDIO CYCLING

**LES MILLS**  
**RPM**

**LES MILLS**  
**RPM VIRTUAL**

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# STUDIO ONE

WEDNESDAY

6.45 AM - 7.30 PM

RPM VIRTUAL

9.30 AM - 10.15 AM

STUDIO CYCLE

10.30 AM - 11.00 AM

RPM EXPRESS VIRTUAL

11.30 AM - 12.15 PM

STUDIO CYCLING

12.30 PM - 1.15 PM

RPM VIRTUAL

2.30 PM - 3.15 PM

RPM VIRTUAL

5.15 PM - 5.45 PM

YOUTH RPM VIRTUAL

6.15 PM - 7.00 PM

STUDIO CYCLING

7.15 PM - 8.00 PM

STUDIO CYCLING

8.15 PM - 8.45 PM

RPM EXPRESS VIRTUAL

**LES MILLS**  
**RPM**

**LES MILLS**  
**RPM VIRTUAL**

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# STUDIO ONE

THURSDAY

6.45 AM - 7.30 AM

STUDIO CYCLING

9.30 AM - 10.15 AM

STUDIO CYCLING

10.30 AM - 11.15 AM

RPM VIRTUAL

11.30 AM - 12.15 PM

RPM VIRTUAL

12.30 PM - 1.15 PM

RPM STUDIO CYCLING

5.15 PM - 5.45 PM

YOUTH RPM VIRTUAL

6.15 PM - 7.00 PM

RPM VIRTUAL

7.15 PM - 8.00 PM

STUDIO CYCLING

8.30 PM - 9.15 PM

RPM VIRTUAL

**LES MILLS**  
**RPM**

**LES MILLS**  
**RPM VIRTUAL**

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# STUDIO ONE

FRIDAY

7.00 AM - 7.45 AM

RPM VIRTUAL

9.30 AM - 10.15 AM

STUDIO CYCLING

11.00 AM - 11.45 AM

RPM VIRTUAL

1.15 PM - 2.00 PM

STUDIO CYCLING

5.15 PM - 6.00 PM

STUDIO CYCLING

6.15 PM - 6.45 PM

YOUTH RPM VIRTUAL

7.15 PM - 8.00 PM

RPM VIRTUAL

8.00 PM - 8.45 PM

RPM VIRTUAL

**LES MILLS**  
**RPM**

**LES MILLS**  
**RPM VIRTUAL**

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# STUDIO ONE

SATURDAY

8.45 AM - 9.15 AM

RPM EXPRESS VIRTUAL

9.30 AM - 10.15 AM

RPM VIRTUAL

10.15 AM - 10.45 AM

YOUTH RPM VIRTUAL

11.30 AM - 12.15 PM

STUDIO CYCLING

12.30 PM - 1.00 PM

RPM EXPRESS VIRTUAL

2.15 PM - 3.00 PM

FAMILY VIRTUAL

3.30 PM - 4.00 PM

RPM EXPRESS VIRTUAL

**LES MILLS**  
**RPM**

**LES MILLS**  
**RPM VIRTUAL**

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# STUDIO ONE

SUNDAY

8.30 AM - 9.15 AM

STUDIO CYCLING

9.30 AM - 10.15 AM

RPM VIRTUAL

10.30 AM - 11.15 AM

STUDIO CYCLING

11.30 AM - 12.00 PM

YOUTH RPM EXPRESS VIRTUAL

12.15 PM - 1.00 PM

FAMILY VIRTUAL

1.30 PM - 2.00 PM

RPM EXPRESS VIRTUAL

3.15 PM - 4.00 PM

RPM VIRTUAL

**LES MILLS**  
**RPM**

**LES MILLS**  
**RPM VIRTUAL**

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# STUDIO ONE

**MONDAY**

6.45 AM - 7.30 AM	STUDIO CYCLING
8.45 AM - 9.15 AM	RPM EXPRESS VIRTUAL
9.30 AM - 10.15 AM	STUDIO CYCLING
11.30 AM - 12.15 PM	RPM VIRTUAL
1.30 PM - 2.15 PM	RPM VIRTUAL
2.15 PM - 3.00 PM	RPM VIRTUAL
3.15 PM - 4.00 PM	RPM VIRTUAL
5.30 PM - 6.00 PM	YOUTH RPM VIRTUAL
6.15 PM - 7.00 PM	STUDIO CYCLING
7.15 PM - 7.45 PM	RPM EXPRESS VIRTUAL
8.00 PM - 8.45 PM	STUDIO CYCLING

**TUESDAY**

6.45 AM - 7.30 AM	STUDIO CYCLING
9.30 AM - 10.15 AM	RPM VIRTUAL
10.30 AM - 11.15 AM	RPM VIRTUAL
11.30 AM - 12.15 PM	STUDIO CYCLING
1.00 PM - 1.45 PM	RPM VIRTUAL
3.15 PM - 4.00 PM	RPM VIRTUAL
5.30 PM - 6.00 PM	RPM EXPRESS VIRTUAL
6.15 PM - 6.45 PM	YOUTH RPM VIRTUAL
7.15 PM - 8.00 PM	STUDIO CYCLING
8.15 PM - 9.00 PM	STUDIO CYCLING

**WEDNESDAY**

6.45 AM - 7.30 PM	RPM VIRTUAL
9.30 AM - 10.15 AM	STUDIO CYCLING
10.30 AM - 11.00 AM	RPM EXPRESS VIRTUAL
11.30 AM - 12.15 PM	STUDIO CYCLING
12.30 PM - 1.15 PM	RPM VIRTUAL
2.30 PM - 3.15 PM	RPM VIRTUAL
5.15 PM - 5.45 PM	YOUTH RPM VIRTUAL
6.15 PM - 7.00 PM	STUDIO CYCLING
7.15 PM - 8.00 PM	STUDIO CYCLING
8.15 PM - 8.45 PM	RPM EXPRESS VIRTUAL

**THURSDAY**

6.45 AM - 7.30 AM	STUDIO CYCLING
9.30 AM - 10.15 AM	STUDIO CYCLING
10.30 AM - 11.15 AM	RPM VIRTUAL
11.30 AM - 12.15 PM	RPM VIRTUAL
12.30 PM - 1.15 PM	RPM STUDIO CYCLING
5.15 PM - 5.45 PM	YOUTH RPM VIRTUAL
6.15 PM - 7.00 PM	RPM VIRTUAL
7.15 PM - 8.00 PM	STUDIO CYCLING
8.30 PM - 9.15 PM	RPM VIRTUAL

**FRIDAY**

7.00 AM - 7.45 AM	RPM VIRTUAL
9.30 AM - 10.15 AM	STUDIO CYCLING
11.00 AM - 11.45 AM	RPM VIRTUAL
1.15 PM - 2.00 PM	STUDIO CYCLING
5.15 PM - 6.00 PM	STUDIO CYCLING
6.15 PM - 6.45 PM	YOUTH RPM VIRTUAL
7.15 PM - 8.00 PM	RPM VIRTUAL
8.00 PM - 8.45 PM	RPM VIRTUAL

**SATURDAY**

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3.30 PM - 4.00 PM	RPM EXPRESS VIRTUAL

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12.15 PM - 1.00 PM	FAMILY VIRTUAL
1.30 PM - 2.00 PM	RPM EXPRESS VIRTUAL
3.15 PM - 4.00 PM	RPM VIRTUAL



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