

# Studio 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6.10AM	<b>CYCLE</b> ROCHELLE	<b>LesMILLS RPM</b> EM	<b>LesMILLS RPM</b> ANDREA	<b>LesMILLS RPM</b> EM	<b>LesMILLS RPM</b> ANDREA
9.25AM	<b>LesMILLS RPM</b> TRACEY	<b>LesMILLS RPM</b> ANDREA	<b>LesMILLS RPM</b> ANDREA	<b>LesMILLS RPM</b> LIZ	<b>LesMILLS RPM</b> SARAH C
5.30PM	<b>LesMILLS RPM</b> SARAH C	<b>LesMILLS RPM</b> ANDREW			
6PM			<b>LesMILLS RPM</b> SARAH C		<b>LesMILLS RPM</b> TARA
6.30PM				<b><u>HOOR OF POWER</u></b> WARREN	

	SATURDAY	SUNDAY
7AM	<b>LesMILLS RPM</b> EM	
9AM	<b>LesMILLS RPM</b> SARAH C	<b>CYCLE</b> CYNDI

## CLASS DESCRIPTIONS

### **LesMILLS RPM**

Indoor cycling program for developing cardiovascular capacity. Suitable for all fitness levels as you control your own intensity. Duration: 45 mins. Coordination: Low.

### **CYCLE**

Freestyle indoor cycling program to increase cardiovascular fitness, lower body strength and endurance. Duration: 45 mins. Coordination: Low.

### **HOOR OF POWER**

An indoor cycling class training specifically with the Body bikes power meter at a level based on your individual fitness. A great class to compliment regular RPM training or to train for cycling outdoors. Duration: 60 mins. Coordination: Low.