

Studio 2 commencing 4th September 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6.10AM	CYCLE ROCHELLE	LesMILLS RPM EM	LesMILLS RPM ANDREA	LesMILLS RPM MEGAN	LesMILLS RPM ANDREA
9.25AM	LesMILLS RPM TRACEY	LesMILLS RPM ANDREA	LesMILLS RPM ANDREA	LesMILLS RPM LIZ	LesMILLS RPM SARAH C
5.30PM	LesMILLS RPM SARAH C	LesMILLS RPM WIZ			
6PM			LesMILLS RPM SARAH C		LesMILLS RPM LIZ
6.30PM				HOUR OF POWER WARREN	
SATURDAY			SUNDAY		
7AM		LesMILLS RPM EM			
9AM		LesMILLS RPM SARAH C		CYCLE CYNDI	

CLASS DESCRIPTIONS



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.



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.