

Spin Timetable

The Stour Centre

Accurate as of 29/04/2024

Times for Tuesday 17 May



| Time | Session | Facility | Level |
|---------------------|----------------|-----------------------|-------|
| 7:15 am - 8:00 am | RPM Virtual 45 | indoor cycling studio | |
| 8:30 am - 9:15 am | RPM Virtual 45 | indoor cycling studio | |
| 10:00 am - 10:45 am | RPM Virtual 45 | indoor cycling studio | |
| 11:45 am - 12:15 pm | RPM Virtual 30 | indoor cycling studio | |
| 12:45 pm - 1:30 pm | RPM Virtual 45 | indoor cycling studio | |
| 2:00 pm - 2:45 pm | RPM Virtual 45 | indoor cycling studio | |
| 3:30 pm - 4:00 pm | RPM Virtual 30 | indoor cycling studio | |
| 4:45 pm - 5:30 pm | RPM Virtual 45 | indoor cycling studio | |
| 8:45 pm - 9:15 pm | RPM Virtual 30 | indoor cycling studio | |