

# Spin Timetable

## The Stour Centre

Accurate as of 03/05/2024

### Times for Saturday 20 April



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