

# Spin Timetable

## The Stour Centre

Accurate as of 03/05/2024

### Times for Sunday 21 April



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