

# Spin Timetable

## The Stour Centre

Accurate as of 03/05/2024

### Times for Monday 22 April



Time	Session	Facility	Level
7:15 am - 8:00 am	RPM Virtual 45	indoor cycling studio	
8:30 am - 9:00 am	RPM Virtual 30	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	
7:15 pm - 8:00 pm	Les Mills THE TRIP™	indoor cycling studio	
8:45 pm - 9:15 pm	RPM Virtual 30	indoor cycling studio	