

MONDAY	
12:15pm	HIIT Cycle <i>Sandi (45m)</i>
6:30pm	DJ Spin <i>Leslee/DJ Rhino</i>

WEDNESDAY	
12:15pm	Cycle Express <i>Sandi (45m)</i>

THURSDAY	
1pm	Zwift Cycle <i>Mark-Anthony</i>

FRIDAY	
12:15pm	HIIT Cycle <i>Sandi (45m)</i>

SATURDAY	
8am	Cycle Express <i>Leslee (30m)</i>