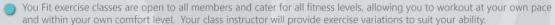


Enjoyed on our NEW state-of-the-art ****chair M**!** Ind for the ultimate in indoor group cycling experiences.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06.45 Spin –45mins	10.15 Spin-45mins	06.45 Spivi-45mins	10.30 Spivi -45mins	07.00 Spin -30mins	10.00 Spivi -45mins	10.30 Spin -45mins
13.00 Spin -45mins	17.15 Spivi -45mins	10.30 Spin -45mins	13.00 Spin -45mins	10.30 Mature Spin -30im	11.00 Spin -45mins	19.00 Spivi -45mins
18.00 Spivi -45mins	18.15 Spin -45mins	18.15 Spin -45mins	18.15 Spin -45mins	11.15 Spin -45mins		
19.15 Spin – 30mins	19.30 Spin -45mins	19.15 Spin -45mins	19.15 Spivi -45mins	17.30 Spin -45mins		
20.15 Spin -45mins			20.15 Spin -30mins			
						31



- 🧻 If you are attending an group exercise class for the first time please inform the instructor prior to the start of the class.
- Group exercise classes are free to members.
- All class times include the set-up and take-down of equipment.
- Advance booking is recommended. Please contact the club reception for further details.



Enjoy a fully immersive instructor led cycling experience, with real time performance data tracking and live stimulating visual feedback, for an Outdoor Community Cycling Experience,





Take a picture or visit our website youfitclubs.co.uk to view