

# Group Cycle Studio

**KEISER**  
**POWERED™**

Enjoyed on our NEW state-of-the-art **Keiser M3i** Indoor Bikes 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			

- You Fit exercise classes are open to all members and cater for all fitness levels, allowing you to workout at your own pace and within your own comfort level. Your class instructor will provide exercise variations to suit your ability.
- 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, Indoors.



Take a picture or visit our website [youfitclubs.co.uk](http://youfitclubs.co.uk) to view our class timetable.

