

TIME	CLASS	INSTRUCTOR	LOCATION
MONDAY			
0605-0650	Les Mills The Trip	Tracy	Immersive Cycling Studio
0700-0730	Les Mills Sprint	Isobel	Immersive Cycling Studio
0800-0845	Les Mills The Trip	Virtual	Immersive Cycling Studio
0915-1000	Les Mills The Trip	Claire	Immersive Cycling Studio
1015-1100	Les Mills The Trip	Virtual	Immersive Cycling Studio
1215-1245	Les Mills Sprint	Virtual	Immersive Cycling Studio
1400-1445	Les Mills The Trip	Virtual	Immersive Cycling Studio
1615-1700	Les Mills The Trip	Virtual	Immersive Cycling Studio
1800-1850	Les Mills RPM	Dave	Immersive Cycling Studio
1855-1940	Les Mills The Trip	Isobel	Immersive Cycling Studio

TUESDAY			
0615-0705	Les Mills RPM	Serena	Immersive Cycling Studio
0730-0800	Les Mills The Trip	Virtual	Immersive Cycling Studio
0915-1000	Les Mills The Trip	Dave	Immersive Cycling Studio
1230-1315	Les Mills The Trip	Virtual	Immersive Cycling Studio
1400-1445	Les Mills The Trip	Virtual	Immersive Cycling Studio
1615-1645	Les Mills Sprint	Virtual	Immersive Cycling Studio
1800-1830	Les Mills Sprint	Dave	Immersive Cycling Studio
1845-1935	Les Mills RPM	Virtual	Immersive Cycling Studio
2000-2045	Les Mills The Trip	Virtual	Immersive Cycling Studio

WEDNESDAY			
0605-0635	Les Mills Sprint	Isobel/Jo	Immersive Cycling Studio
0645-0730	Les Mills The Trip	Isobel	Immersive Cycling Studio
0800-0845	Les Mills The Trip	Liz	Immersive Cycling Studio
0915-0945	Les Mills Sprint	Virtual	Immersive Cycling Studio
1215-1300	Les Mills The Trip	Virtual	Immersive Cycling Studio
1400-1445	Les Mills The Trip	Virtual	Immersive Cycling Studio
1615-1645	Les Mills Sprint	Virtual	Immersive Cycling Studio
1715-1800	Les Mills The Trip	Tracy	Immersive Cycling Studio
1815-1845	Les Mills Sprint	Jo	Immersive Cycling Studio
1900-1945	Les Mills The Trip	Dave	Immersive Cycling Studio

THURSDAY			
0610-0655	Les Mills The Trip	Tracy	Immersive Cycling Studio
0730-0800	Les Mills Sprint	Virtual	Immersive Cycling Studio
1215-1300	Les Mills The Trip	Dave	Immersive Cycling Studio
1400-1445	Les Mills The Trip	Virtual	Immersive Cycling Studio
1615-1700	Les Mills The Trip	Virtual	Immersive Cycling Studio
1800-1850	Les Mills The Trip	Dani	Immersive Cycling Studio

FRIDAY			
0630-0720	Les Mills Sprint	Isobel	Immersive Cycling Studio
0730-0815	Les Mills The Trip	Virtual	Immersive Cycling Studio
0915-1000	Les Mills The Trip	Dave	Immersive Cycling Studio
1215-1300	Les Mills The Trip	Claire	Immersive Cycling Studio
1400-1445	Les Mills The Trip	Virtual	Immersive Cycling Studio
1730-1800	Les Mills Sprint	Dave	Immersive Cycling Studio
1815-1900	Les Mills The Trip	Virtual	Immersive Cycling Studio

SATURDAY			
0815-0905	Les Mills RPM	Dave	Immersive Cycling Studio
0915-1000	Les Mills The Trip	Serena	Immersive Cycling Studio
1015-1100	Les Mills The Trip	Tracy	Immersive Cycling Studio
1115-1200	Les Mills The Trip	Virtual	Immersive Cycling Studio
1600-1645	Les Mills The Trip	Virtual	Immersive Cycling Studio

SUNDAY			
0815-0905	Les Mills RPM	Virtual	Immersive Cycling Studio
0920-1000	Les Mills The Trip	Liz	Immersive Cycling Studio
1015-1100	Les Mills The Trip	Virtual	Immersive Cycling Studio
1115-1200	Les Mills The Trip	Virtual	Immersive Cycling Studio
1300-1345	Les Mills The Trip	Virtual	Immersive Cycling Studio
1415-1445	Les Mills Sprint	Virtual	Immersive Cycling Studio

WARNING: Strobe lighting, flashing images and flashing video content is played regularly within the Immersive Cycling Studio which may affect people who are susceptible to photosensitive epilepsy or other photo sensitivities. Viewer discretion is advised.