

GROUP VIRTUAL TIMETABLE

Scissett Baths & Fitness Centre / January 2026

MORNING

AFTERNOON

EVENING

6am -

12pm -

4pm -

9pm -

Monday

CYCLE STUDIO

LES MILLS RPM

6:45am - 7:30am

CYCLE STUDIO

LES MILLS THE TRIP

9:30am - 10:15am

CYCLE STUDIO

ON DEMAND

11:00am - 3:00pm

CYCLE STUDIO

LES MILLS RPM EXP

5:15pm - 5:45pm

CYCLE STUDIO

Studio Cycling

7:00pm - 7:45pm

Tuesday

CYCLE STUDIO

ON DEMAND

6:45am - 9:00am

CYCLE STUDIO

LES MILLS RPM EXP

9:15am - 9:45am

CYCLE STUDIO

Studio Cycling

10:10am - 10:55am

CYCLE STUDIO

ON DEMAND

11:30am - 2:30pm

CYCLE STUDIO

LES MILLS sprint EXP

6:00pm - 6:30pm

CYCLE STUDIO

LES MILLS RPM

7:00pm - 7:45pm

CYCLE STUDIO

LES MILLS RPM EXP

8:00pm - 8:30pm

Wednesday

CYCLE STUDIO

LES MILLS sprint

6:45am - 7:15am

CYCLE STUDIO

LES MILLS RPM

7:45am - 8:30am

CYCLE STUDIO

Studio Cycling

9:30am - 10:15am

CYCLE STUDIO

ON DEMAND

10:30am - 12:00pm

CYCLE STUDIO

LES MILLS RPM EXP

12:15pm - 12:45pm

CYCLE STUDIO

LES MILLS RPM

1:45pm - 2:30pm

CYCLE STUDIO

LES MILLS THE TRIP

5:30pm - 6:15pm

CYCLE STUDIO

ON DEMAND

6:30pm - 8:30pm

Thursday

CYCLE STUDIO

LES MILLS RPM

7:00am - 7:45am

CYCLE STUDIO

LES MILLS THE TRIP

10:00am - 10:45am

CYCLE STUDIO

ON DEMAND

11:00am - 2:00pm

CYCLE STUDIO

LES MILLS RPM EXP

5:30pm - 6:00pm

CYCLE STUDIO

Studio Cycling

6:35pm - 7:20pm

Friday

CYCLE STUDIO

LES MILLS RPM EXP

7:00am - 7:30am

CYCLE STUDIO

ON DEMAND

7:30am - 9:30am

CYCLE STUDIO

Studio Cycling

9:30am - 10:15am

CYCLE STUDIO

LES MILLS RPM

11:00am - 11:45am

CYCLE STUDIO

LES MILLS sprint

12:30pm - 1:00pm

CYCLE STUDIO

LES MILLS RPM EXP

2:00pm - 2:30pm

CYCLE STUDIO

ON DEMAND

5:00pm - 8:00pm

Saturday

CYCLE STUDIO

LES MILLS sprint

8:30am - 9:00am

CYCLE STUDIO

Studio Cycling

9:30am - 10:15am

CYCLE STUDIO

LES MILLS RPM EXP

11:00am - 11:30am

CYCLE STUDIO

LES MILLS THE TRIP

12:00pm - 12:45pm

CYCLE STUDIO

ON DEMAND

1:00pm - 4:00pm

Sunday

CYCLE STUDIO

LES MILLS THE TRIP

8:15am - 9:00am

CYCLE STUDIO

Studio Cycling

9:30am - 10:15am

CYCLE STUDIO

ON DEMAND

10:30am - 2:00pm

CYCLE STUDIO

LES MILLS RPM

4:00pm - 4:45pm

 = Health Class
EXP = Express Class
 = Virtual Class

