

GROUP VIRTUAL TIMETABLE

Spen Valley Leisure Centre / July 2026

MORNING

AFTERNOON

EVENING

6am -

12pm -

4pm -

9pm -

Monday

CYCLE STUDIO



LES MILLS **RPM**

6:45am - 7:30am

CYCLE STUDIO



LES MILLS **sprint**

8:00am - 8:30am

CYCLE STUDIO



LES MILLS **THE TRIP**

10:30am - 11:15am

CYCLE STUDIO



LES MILLS **RPM EXP**

11:30am - 12:00pm

CYCLE STUDIO



LES MILLS **sprint**

12:30pm - 1:00pm

CYCLE STUDIO



LES MILLS **RPM**

2:00pm - 2:45pm

CYCLE STUDIO



LES MILLS **THE TRIP**

4:00pm - 4:45pm

CYCLE STUDIO



LES MILLS **THE TRIP**

7:30pm - 8:15pm

CYCLE STUDIO



LES MILLS **RPM EXP**

8:30pm - 9:00pm

Tuesday

CYCLE STUDIO



LES MILLS **sprint**

7:00am - 7:30am

CYCLE STUDIO



LES MILLS **RPM**

8:00am - 8:45am

CYCLE STUDIO



LES MILLS **RPM**

11:00am - 11:45am

CYCLE STUDIO



LES MILLS **sprint**

12:00pm - 12:30pm

CYCLE STUDIO



LES MILLS **THE TRIP**

1:45pm - 2:30pm

CYCLE STUDIO



LES MILLS **sprint**

4:00pm - 4:30pm

CYCLE STUDIO



LES MILLS **sprint**

8:15pm - 8:45pm

Wednesday

CYCLE STUDIO



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Thursday

CYCLE STUDIO



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CYCLE STUDIO



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LES MILLS **sprint**

2:15pm - 2:45pm

CYCLE STUDIO



LES MILLS **RPM**

4:00pm - 4:45pm

CYCLE STUDIO



LES MILLS **RPM EXP**

8:30pm - 9:00pm

Friday

CYCLE STUDIO



LES MILLS **RPM EXP**

6:45am - 7:15am

CYCLE STUDIO



LES MILLS **RPM EXP**

8:15am - 8:45am

CYCLE STUDIO



LES MILLS **THE TRIP**

9:00am - 9:45am

CYCLE STUDIO



LES MILLS **sprint**

10:00am - 10:30am

CYCLE STUDIO



LES MILLS **THE TRIP**

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1:30pm - 2:15pm

CYCLE STUDIO



LES MILLS **RPM EXP**

4:00pm - 4:30pm

CYCLE STUDIO



LES MILLS **sprint**

7:30pm - 8:00pm

Saturday

CYCLE STUDIO



LES MILLS **RPM EXP**

7:45am - 8:15am

CYCLE STUDIO



LES MILLS **RPM EXP**

9:30pm - 10:15pm

CYCLE STUDIO



LES MILLS **THE TRIP**

11:00am - 11:45am

CYCLE STUDIO



LES MILLS **RPM EXP**

12:30pm - 1:00pm

CYCLE STUDIO



ON DEMAND

1:30pm - 4:30pm

CYCLE STUDIO



LES MILLS **sprint**

5:00pm - 5:30pm

Sunday

CYCLE STUDIO



LES MILLS **RPM**

8:15am - 9:00am

CYCLE STUDIO



LES MILLS **sprint**

11:30am - 12:00pm

CYCLE STUDIO



ON DEMAND

1:30pm - 4:30pm

CYCLE STUDIO



LES MILLS **sprint**

5:00pm - 5:30pm

CYCLE STUDIO



LES MILLS **THE TRIP**

6:00pm - 6:45pm

 = Health Class
EXP = Express Class
 = Virtual Class