GROUP VIRTUAL TIMETABLE

Spen Valley Leisure Centre / September 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am – MORNING	CYCLE STUDIO LesMills RPM 6:45am - 7:30am	CYCLE STUDIO LesMills sprint 7:00am - 7:30am	CYCLE STUDIO LesMills THE TRIP 6:45am - 7:30am	CYCLE STUDIO LesMills RPM 7:00am - 7:45am	CYCLE STUDIO LesMills RPM EXP 6:45am - 7:15am		
	CYCLE STUDIO LesMills sprint 8:00am - 8:30am	CYCLE STUDIO LesMills RPM 8:00am - 8:45am	CYCLE STUDIO LesMills sprint 8:00am - 8:30am	CYCLE STUDIO LesMills RPM EXP 8:30am - 9:00am	CYCLE STUDIO LesMills RPM EXP 8:15am - 8:45am	CYCLE STUDIO LesMills RPM EXP 7:45am - 8:15am	CYCLE STUDIO LesMills RPM 8:15am - 9:00am
	CYCLE STUDIO LesMills THE TRIP 10:30am - 11:15am			CYCLE STUDIO LesMills sprint 9:30am - 10:00am	CYCLE STUDIO LesMills THE TRIP 9:00am - 9:45am		
	CYCLE STUDIO LesMills RPM EXP 11:30am - 12:00pm	CYCLE STUDIO LesMills RPM 11:00am - 11:45am	CYCLE STUDIO LesMills RPM EXP 11:00am - 11:30am	CYCLE STUDIO LesMills RPM EXP 10:30am - 11:00am	CYCLE STUDIO LesMills sprint 10:00am - 10:30am		CYCLE STUDIO LesMills sprint 11:30am - 12:00pm
12pm – AFTERNOON				CYCLE STUDIO LesMills RPM EXP 11:30am - 12:15pm	CYCLE STUDIO LesMills THE TRIP 11:00am - 11:45am	CYCLE STUDIO LesMills THE TRIP 11:00am - 11:45am	
	CYCLE STUDIO LesMills sprint 12:30pm - 1:00pm	CYCLE STUDIO LesMills sprint 12:00pm - 12:30pm	CYCLE STUDIO LesMills RPM 12:00pm - 12:45pm		CYCLE STUDIO LesMills sprint 12:15pm - 12:45pm		
	CYCLE STUDIO LesMills RPM 2:00pm - 2:45pm	CYCLE STUDIO LesMills THE TRIP 1:45pm - 2:30pm	CYCLE STUDIO LesMills RPM 1:30pm - 2:15pm	CYCLE STUDIO LesMills sprint 2:15pm - 2:45pm	CYCLE STUDIO LesMills RPM 1:30pm - 2:15pm	CYCLE STUDIO LesMills RPM EXP 12:30pm - 1:00pm	
4pm –						CYCLE STUDIO ON DEMAND 1:30pm - 4:30pm	CYCLE STUDIO ON DEMAND 1:30pm - 4:30pm
	CYCLE STUDIO LesMills THE TRIP 4:00pm - 4:45pm	CYCLE STUDIO LesMills sprint 4:00pm - 4:30pm	CYCLE STUDIO LesMills THE TRIP 4:00pm - 4:45pm	CYCLE STUDIO LesMills RPM 4:00pm - 4:45pm	CYCLE STUDIO LesMills RPM EXP 4:00pm - 4:30pm		
			CYCLE STUDIO LesMills sprint 6:30pm - 7:00pm			CYCLE STUDIO LesMills sprint 5:00pm - 5:30pm	CYCLE STUDIO LesMills sprint 5:00pm - 5:30pm
EVENING	CYCLE STUDIO LesMills THE TRIP 7:30pm - 8:15pm	CYCLE STUDIO LesMills sprint 8:15pm - 8:45pm	CYCLE STUDIO LesMills RPM EXP 7:30pm - 8:00pm		CYCLE STUDIO LesMills sprint 7:30pm - 8:00pm		CYCLE STUDIO LesMills THE TRIP 6:00pm - 6:45pm
	CYCLE STUDIO LesMills RPM EXP 8:30pm - 9:00pm			CYCLE STUDIO LesMills RPM EXP 8:30pm - 9:00pm			
9pm –							

♥ = Health Class
EXP = Express Class
▶ = Virtual Class

KAL