

MON	TUE	WED	THU	FRI	SAT	SUN
SPRINT 06:10-06:40 30 Minutes		SPRINT 06:10-06:40 30 Minutes	SPRINT 06:10-06:40 30 Minutes	SPRINT 06:10-06:40 30 Minutes	SPRINT 08:15-08:45 30 Minutes	RPM 08:15-09:00 45 Minutes
RPM 10:00-10:45 45 Minutes		SPRINT 07:10-07:40 30 Minutes	SPRINT 07:10-07:40 30 Minutes	RPM 07:15-07:45 30 Minutes	RPM 09:00-09:45 45 Minutes	RPM 10:00-10:45 45 Minutes
RPM 13:00-13:45 45 Minutes		RPM 10:00-10:45 45 Minutes	RPM BEGINNER 09:00-09:30 30 Minutes	RPM 08:00-08:45 45 Minutes	SPRINT 11:00-11:30 30 Minutes	SPRINT 11:00-11:30 30 Minutes
THE TRIP 15:00-15:45 45 Minutes		RPM 13:00-13:45 45 Minutes	RPM 10:00-10:45 45 Minutes	RPM 13:30-14:15 45 Minutes	RPM 12:00-12:45 45 Minutes	RPM 12:00-12:45 45 Minutes
THE TRIP 18:00-18:45 45 Minutes	RPM 16:00-16:45 45 Minutes	RPM 17:00-17:45 45 Minutes	RPM 13:00-13:45 45 Minutes	THE TRIP 15:00-15:45 45 Minutes	RPM 13:00-13:45 45 Minutes	RPM 13:00-13:45 45 Minutes
RPM 19:00-19:45 45 Minutes	RPM 17:00-17:45 45 Minutes	THE TRIP 18:00-18:45 45 Minutes	RPM 17:00-17:45 45 Minutes	RPM 16:00-16:45 45 Minutes	RPM 14:00-14:45 45 Minutes	RPM 14:00-14:45 45 Minutes
THE TRIP 20:00-20:45 45 Minutes	THE TRIP 18:00-18:45 45 Minutes	RPM 19:00-19:45 45 Minutes	THE TRIP 18:00-18:45 45 Minutes	RPM 20:00-20:45 45 Minutes	THE TRIP 15:30-16:15 45 Minutes	THE TRIP 15:30-16:15 45 Minutes
		THE TRIP 20:00-20:45 45 Minutes				

LES MILLS
THE TRIP

LES MILLS
RPM

LES MILLS
sprint

Virtual The Trip
THE TRIP is a fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally-created worlds. THE TRIP takes motivation and energy output to the next level, burning serious calories.

Virtual RPM
A group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories a session**. With great music pumping and the group spinning as one, the class takes you on a journey of hill climbs, sprints and flat riding.

Virtual Sprint
A 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.