

TIMETABLE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
MORNING	6.00-12.00	6.15 - 7.00 SPIN STUDIO	VIRTUAL CYCLING	6.15 - 7.00 SPIN STUDIO	SPIN	6.15 - 7.00 SPIN STUDIO	SPIN	6.15 - 7.00 SPIN STUDIO	SPIN	8.00 - 8.45 SPIN STUDIO	VIRTUAL CYCLING	8.00 - 8.45 SPIN STUDIO	VIRTUAL CYCLING		
		6.15 - 7.00 GYM FLOOR	RIG FITNESS	7.00 - 7.45 SPIN STUDIO	VIRTUAL CYCLING	7.00 - 7.45 SPIN STUDIO	VIRTUAL CYCLING	7.00 - 7.45 SPIN STUDIO	VIRTUAL CYCLING	7.00 - 7.45 SPIN STUDIO	VIRTUAL CYCLING	9.00 - 9.45 SPIN STUDIO	SPIN	9.00 - 9.45 SPIN STUDIO	SPIN
		7.00 - 7.45 SPIN STUDIO	VIRTUAL CYCLING	8.00 - 8.45 SPIN STUDIO	VIRTUAL CYCLING	8.00 - 8.45 SPIN STUDIO	VIRTUAL CYCLING	8.00 - 8.45 SPIN STUDIO	VIRTUAL CYCLING	8.00 - 8.45 SPIN STUDIO	VIRTUAL CYCLING	10.00 - 10.45 SPIN STUDIO	VIRTUAL CYCLING	10.00 - 10.45 SPIN STUDIO	VIRTUAL CYCLING
		8.00 - 8.45 SPIN STUDIO	VIRTUAL CYCLING	9.00 - 9.45 SPIN STUDIO	VIRTUAL CYCLING	9.00 - 9.45 SPIN STUDIO	VIRTUAL CYCLING	9.00 - 9.45 SPIN STUDIO	VIRTUAL CYCLING	9.00 - 9.45 SPIN STUDIO	VIRTUAL CYCLING	11.00 - 11.45 SPIN STUDIO	VIRTUAL CYCLING	11.00 - 11.45 SPIN STUDIO	VIRTUAL CYCLING
		9.00 - 9.45 SPIN STUDIO	VIRTUAL CYCLING	10.00 - 10.45 SPIN STUDIO	VIRTUAL CYCLING	10.00 - 10.45 SPIN STUDIO	VIRTUAL CYCLING	10.00 - 10.45 SPIN STUDIO	VIRTUAL CYCLING	10.00 - 10.45 SPIN STUDIO	VIRTUAL CYCLING				
		10.00 - 10.45 SPIN STUDIO	VIRTUAL CYCLING	11.00 - 11.45 SPIN STUDIO	VIRTUAL CYCLING	11.00 - 11.45 SPIN STUDIO	VIRTUAL CYCLING	11.00 - 11.45 SPIN STUDIO	VIRTUAL CYCLING	11.00 - 11.45 SPIN STUDIO	VIRTUAL CYCLING				
		11.00 - 11.45 SPIN STUDIO	VIRTUAL CYCLING												
DAYTIME	12.00-17.00	12.00 - 12.45 SPIN STUDIO	VIRTUAL CYCLING	12.00 - 12.45 SPIN STUDIO	VIRTUAL CYCLING	12.00 - 12.45 SPIN STUDIO	VIRTUAL CYCLING	12.00 - 12.45 SPIN STUDIO	VIRTUAL CYCLING	12.00 - 12.45 SPIN STUDIO	VIRTUAL CYCLING	12.00 - 12.45 SPIN STUDIO	VIRTUAL CYCLING		
		13.00 - 13.45 SPIN STUDIO	VIRTUAL CYCLING	13.00 - 13.45 SPIN STUDIO	VIRTUAL CYCLING	13.00 - 13.45 SPIN STUDIO	VIRTUAL CYCLING	13.00 - 13.45 SPIN STUDIO	VIRTUAL CYCLING	13.00 - 13.45 SPIN STUDIO	VIRTUAL CYCLING	13.00 - 13.45 SPIN STUDIO	VIRTUAL CYCLING		
		14.00 - 14.45 SPIN STUDIO	VIRTUAL CYCLING	14.00 - 14.45 SPIN STUDIO	VIRTUAL CYCLING	14.00 - 14.45 SPIN STUDIO	VIRTUAL CYCLING	14.00 - 14.45 SPIN STUDIO	VIRTUAL CYCLING	14.00 - 14.45 SPIN STUDIO	VIRTUAL CYCLING	14.00 - 14.45 SPIN STUDIO	VIRTUAL CYCLING		
		15.00 - 15.45 SPIN STUDIO	VIRTUAL CYCLING	15.00 - 15.45 SPIN STUDIO	VIRTUAL CYCLING	15.00 - 15.45 SPIN STUDIO	VIRTUAL CYCLING	15.00 - 15.45 SPIN STUDIO	VIRTUAL CYCLING	15.00 - 15.45 SPIN STUDIO	VIRTUAL CYCLING	15.00 - 15.45 SPIN STUDIO	VIRTUAL CYCLING		
		16.00 - 16.45 SPIN STUDIO	VIRTUAL CYCLING	16.00 - 16.45 SPIN STUDIO	VIRTUAL CYCLING	16.00 - 16.45 SPIN STUDIO	VIRTUAL CYCLING	16.00 - 16.45 SPIN STUDIO	VIRTUAL CYCLING	16.00 - 16.45 SPIN STUDIO	VIRTUAL CYCLING	16.00 - 16.45 SPIN STUDIO	VIRTUAL CYCLING		
EVENING	17.00-22.00	17.00 - 17.45 SPIN STUDIO	VIRTUAL CYCLING	17.00 - 17.45 SPIN STUDIO	VIRTUAL CYCLING	17.00 - 17.45 SPIN STUDIO	VIRTUAL CYCLING	17.00 - 17.45 SPIN STUDIO	VIRTUAL CYCLING	17.00 - 17.45 SPIN STUDIO	VIRTUAL CYCLING	17.00 - 17.45 SPIN STUDIO	VIRTUAL CYCLING		
		18.00 - 18.45 SPIN STUDIO	SPIN	18.00 - 18.45 SPIN STUDIO	SPIN	18.00 - 18.45 CANOPY	WORK IT WEDNESDAY	18.00 - 18.45 SPIN STUDIO	VIRTUAL CYCLING	17.15 - 18.00 CANOPY	BOOTCAMP	17.15 - 18.00 SPIN STUDIO	VIRTUAL CYCLING	17.15 - 18.00 SPIN STUDIO	VIRTUAL CYCLING
		19.00 - 19.45 SPIN STUDIO	VIRTUAL CYCLING	18.30 - 19.15 GYM FLOOR	SWEAT FEST	19.00 - 19.45 SPIN STUDIO	SPIN	18.30 - 19.15 GYM FLOOR	ONE MORE REP	18.00 - 18.45 SPIN STUDIO	VIRTUAL CYCLING	18.00 - 18.45 SPIN STUDIO	VIRTUAL CYCLING	18.00 - 18.45 SPIN STUDIO	VIRTUAL CYCLING
		20.00 - 20.45 SPIN STUDIO	VIRTUAL CYCLING	19.00 - 19.45 SPIN STUDIO	VIRTUAL CYCLING	20.00 - 20.45 SPIN STUDIO	VIRTUAL CYCLING	20.00 - 20.45 SPIN STUDIO	VIRTUAL CYCLING	19.00 - 19.45 SPIN STUDIO	VIRTUAL CYCLING				
				20.00 - 20.45 SPIN STUDIO	VIRTUAL CYCLING										

- VIRTUAL
- INSTRUCTION LED SPIN
- INTERVAL/HIT TRAINING
- STRENGTH

CLASSES OPERATE ON A BOOKING SYSTEM VIA THE RISE FITNESS CLUBS APP.

PLEASE ENSURE YOU TURN UP ON TIME OR YOU MAY BE REFUSED ENTRY. THIS TIMETABLE MAY BE SUBJECT TO CHANGE.