Cranleigh Country Club - 01483 268855

STUDIO CYCLING TIMETABLE - from 2nd Jan 2018

06:45 - 07:20 MyRide Tour Coach 30 Fast Class 06:45 - 07:20 MyRide Tour Coach 30 Fast Class 08:00 - 08:55 MyRide Tour Coach 50 Fast Class 07.45 - 08:20 MyRide Tour Coach 30 Fast Class 09:15 - 10:00 LIVE CYCLING Anna 08:45 - 09:15 MyRide Tour Coach 30 Fast Class 10:15 - 10:50 MyRide Tour Coach 30 Fast Class 10:45 - 11:20 MyRide Tour Coach 30 Fast Class 11:30 - 12:30 MyRide Tour Coach 30 Fast Class 11:30 - 12:30 MyRide Tour Coach 50 Class 12:45 - 13:20 MyRide Tour Coach 30 Fast Class 11:30 - 12:30 MyRide Tour Coach 50 Class 13:45 - 14:20 MyRide Tour Coach 30 Fast Class 13:30 - 14:05 MyRide Tour Coach 30 Fast Class 14:30 - 15:05 MyRide Tour Coach 30 Fast Class 14:30 - 15:05 MyRide Tour Coach 30 Fast Class 16:45 - 17:20 Teen Tour Coach 30 Fast Class 16:45 - 17:20 Teen Tour Coach 30 Fast Class 16:45 - 17:20 Teen Tour Coach 30 Fast Class 17:45 - 18:20 Teen Tou						
B8:00 - 08:55	MONDAY	Class Type	Who/What	TUESDAY	Class	Programm
Description	06:45 - 07:20	MyRide Tour Coach 30	Fast Class	06:45 - 07:20	MyRide Tour Coach 30	Fast Class
19.15 10.45 ENDURANCE CYCLE (monthly)	08:00 - 08:55	MyRide Tour Coach 50	Fast Class	07.45 - 08.20	MyRide Tour Coach 30	Fast Class
10:15 - 10:50 MyRide Tour Coach 30 Fast Class 10:45 - 11:20 MyRide Tour Coach 30 Fast Class 11:30 - 12:30 MyRide Tour Coach 50 Class 11:30 - 12:30 MyRide Tour Coach 50 Class 12:45 - 13:20 MyRide Tour Coach 30 Fast Class 12:45 - 13:20 MyRide Tour Coach 30 Fast Class 12:45 - 13:20 MyRide Tour Coach 30 Fast Class 12:45 - 13:20 MyRide Tour Coach 30 Fast Class 12:45 - 13:20 MyRide Tour Coach 30 Fast Class 13:30 - 14:05 MyRide Tour Coach 30 Fast Class 15:30 - 16:30 MyRide Tour Coach 30 Fast Class 15:30 - 16:30 MyRide Tour Coach 50 Class 15:30 - 16:30 MyRide Tour Coach 50 Class 15:30 - 16:30 MyRide Tour Coach 30 Fast Class 15:30 - 16:30 MyRide Tour Coach 30 Fast Class 15:30 - 16:30 MyRide Tour Coach 30 Fast Class 16:45 - 17:20 Teen Tour Coach 30 Fast Class 17:45 - 18:20 Teen Tour Coach 30 Fast Class 17:45 - 18:20 Teen Tour Coach 30 Fast Class 17:45 - 18:20 Teen Tour Coach 30 Fast Class 17:45 - 18:20 Teen Tour Coach 30 Fast Class 17:45 - 18:20 Teen Tour Coach 30 Fast Class 17:45 - 18:20 Teen Tour Coach 30 Fast Class 17:45 - 18:20 Teen Tour Coach 30 Class 17:45 - 18:20 Teen Tour Coach 30 Class 17:45 - 18:20 Teen Tour Coach 30 Class 17:45 - 18:20 MyRide Tour Coach 30 Fast Class 17:45 - 18:20 MyRide Tour Coach 30 Fast Class 17:45 - 18:20 MyRide Tour Coach 30 Fast Class 17:45 - 18:20 MyRide Tour Coach 30 Fast Class 17:45 - 18:20 MyRide Tour Coach 30 Fast Class 17:45 - 18:20 MyRide Tour Coach 30 Fast Class 17:45 - 18:20 MyRide Tour Coach 30 Fast Class 17:45 - 18:20 MyRide Tour Coach 30 Fast Class 17:45 - 18:20 MyRide Tour Coach 30 Fast Class 17:45 - 18:20 MyRide Tour Coach 30 Fast Class 17:45 - 18:20 MyRide Tour Coach 30 Fast Class 17:45 - 18:20 MyRide Tour Coach 30 Fast Class 17:45 - 18:20 Teen Tour Coach 30 Fast Class 17:45 - 18:20 Teen Tour Coach 30 Fast Class 17:45 - 18:20 Teen To	09:15 - 10:00	LIVE CYCLING	Anna	08:45 - 09:15	MyRide Studio Coach 15	HIIT Drills
	09.15 - 10.45	ENDURANCE CYCLE (monthly)	Anna	09:45 - 10:30	LIVE CYCLING	Ali
	10:15 - 10:50	MyRide Tour Coach 30	Fast Class	10:45 - 11:20	MyRide Tour Coach 30	Fast Class
13:45 - 14:20 MyRide Studio Coach 30 Fast Class 13:30 - 14:05 MyRide Studio Coach 30 Fast Class 14:30 - 15:05 MyRide Tour Coach 30 Fast Class 14:30 - 15:05 MyRide Tour Coach 30 Fast Class 15:30 - 16:30 MyRide Tour Coach 30 Fast Class 15:30 - 16:30 MyRide Tour Coach 30 Fast Class 16:45 - 17:20 Teen Tour Coach 30 Fast Class 17:45 - 18:20 Teen Tour Coach 30 Fast Class 17:45 - 18:20 Teen Tour Coach 30 Fast Class 17:45 - 18:20 Teen Tour Coach 30 Fast Class 19:45 - 20:45 MyRide Tour Coach 50 Class 19:45 - 20:45 MyRide Tour Coach 50 Class 19:45 - 20:45 MyRide Tour Coach 50 Class 19:45 - 20:45 MyRide Tour Coach 30 Fast Class 19:45 - 20:45 MyRide Tour Coach 30 Fast Class 19:45 - 20:45 MyRide Tour Coach 30 Fast Class 19:45 - 20:45 MyRide Tour Coach 30 Fast Class 19:45 - 20:20 MyRide Tour Coach 30 Fast Class 19:45 - 20:20 MyRide Tour Coach 30 Fast Class 19:45 - 20:20 MyRide Tour Coach 30 Fast Class 19:45 - 20:20 MyRide Tour Coach 30 Fast Class 19:45 - 20:20 MyRide Tour Coach 30 Fast Class 19:45 - 20:20 MyRide Tour Coach 30 Fast Class 19:45 - 20:20 MyRide Tour Coach 30 Fast Class 19:40 - 20:40 MyRide Tour Coach 30 Fast Class 19:40 - 20:40 MyRide Tour Coach 30 Fast Class 19:40 - 20:40 MyRide Tour Coach 50 Fast Clas 19:40 - 20:40 MyRide Tour Coach 50 Fast Clas 19:40 - 20:40 MyRide Tour Coach 50 Fast Clas 19:40 - 20:40 MyRide Tour Coach 50 Fast Clas 19:40 - 20:40 MyRide Tour Coach 50 Fast Clas 19:40 - 20:40 MyRide Tour Coach 50 Fast Clas 19:40 - 20:40 MyRide Tour Coach 50 Fast Clas 19:40 - 20:40 MyRide Tour Coach 50 Class 19:40 - 20:40 MyRide To	11:30 - 12:30	MyRide Tour Coach 50	Class	11:30 - 12:30	MyRide Tour Coach 50	Class
13:45 - 14:20	12:45 - 13:20	•	Fast Class	12:45 - 13:20		Fast Class
14:30 - 15:05 MyRide Tour Coach 30 Fast Class 14:30 - 15:05 MyRide Tour Coach 30 Class 15:30 16:30 MyRide Tour Coach 50 Class 15:30 16:30 MyRide Tour Coach 30 Class 16:45 - 17:20 Teen Tour Coach 30 Fast Class 16:45 - 17:20 Teen Tour Coach 30 Fast Class 17:45 - 18:20 Teen Tour Coach 30 Fast Class 17:45 - 18:20 Teen Tour Coach 30 Fast Class 17:45 - 18:20 Teen Tour Coach 30 Fast Class 17:45 - 18:20 Teen Tour Coach 30 Fast Class 19:45 - 20:45 MyRide Tour Coach 50 Class 19:45 - 20:45 MyRide Tour Coach 50 Class 19:45 - 20:45 MyRide Tour Coach 30 Fast Clas THURSDAY Class Instructor Instructor THURSDAY Class Instructor Instructor THURSDAY Class Instructor Instructor THURSDAY Class Instructor Ins		•			,	Fast Class
15:30 - 16:30						Fast Clas
16:45 - 17:20 Teen Tour Coach 30 Fast Class 16:45 - 17:20 Teen Tour Coach 30 Fast Class 17:45 - 18:20 Teen Tour Coach 30 Fast Class 17:45 - 18:20 Teen Tour Coach 30 Fast Class 17:45 - 18:20 Teen Tour Coach 30 Fast Class 18:45 - 19:30 LIVE CYCLING Julia 19:45 - 20:45 MyRide Tour Coach 50 Class 19:45 - 20:45 MyRide Tour Coach 30 Fast Class 06:45 07:20 MyRide Tour Coach 30 Fast Class 06:45 07:20 MyRide Tour Coach 30 Fast Class 06:45 07:20 MyRide Tour Coach 30 Fast Class 08:30 09:30 MyRide Studio Coach 50 Class 08:45 09:45 MyRide Tour Coach 30 Fast Class 09:00 09:45 FITNESS TEST (monthly) Claire P 10:00 10:45 LIVE CYCLING Claire P 10:00 10:30 LIVE CYCLING Claire P 10:00 10:30 LIVE CYCLING Claire P 10:00 10:00 Claire P 10:00 Cla					,	
17:45 - 18:20 Teen Tour Coach 30 Fast Class 17:45 - 18:20 Teen Tour Coach 30 Fast Class 18:45 - 19:30 LIVE CYCLING Julia 19:45 - 20:45 MyRide Tour Coach 50 Class 19:45 - 20:45 MyRide Tour Coach 50 Class 19:45 - 20:45 MyRide Tour Coach 50 Class 19:45 - 20:45 MyRide Tour Coach 30 Fast Class 10:45 - 07:20 MyRide Tour Coach 30 Fast Class 06:45 - 07:20 MyRide Tour Coach 30 Fast Class 07:45 - 08:20 MyRide Tour Coach 30 Fast Class 08:30 - 09:45 MyRide Tour Coach 30 Fast Class 07:45 - 08:20 MyRide Tour Coach 30 Fast Class 08:45 - 09:45 MyRide Tour Coach 30 Fast Class 08:45 - 09:45 MyRide Tour Coach 30 Fast Class 08:45 - 09:45 MyRide Tour Coach 30 Fast Class 08:45 - 09:45 MyRide Tour Coach 30 Fast Class 08:45 - 09:45 MyRide Tour Coach 30 Fast Class 08:45 - 09:45 MyRide Tour Coach 30 Fast Class 08:45 - 09:45 MyRide Tour Coach 30 Fast Class 10:30 - 10:45 LIVE CYCLING Claire P 10:30 - 10:45 LIVE CYCLING Claire P 10:45 - 11:45 MyRide Tour Coach 50 Class 13:30 - 14:05 MyRide Studio Coach 30 Fast Class 13:30 - 14:05 MyRide Studio Coach 30 Fast Class 13:30 - 14:05 MyRide Tour Coach 30 Fast Class 14:30 - 15:05 MyRide Tour Coach 30 Fast Class 15:30 - 16:30 MyRide Tour Coach 30 Fast Class 15:30 - 16:30 MyRide Tour Coach 30 Fast Class 16:45 - 17:20 Teen Tour Coach 30 Fast Class 16:45 - 17:20 Teen Tour Coach 30 Fast Class 18:45 - 19:30 LIVE CYCLING Alice 19:45 - 20:45 MyRide Tour Coach 30 Fast Class 18:45 - 19:30 LIVE CYCLING Alice 19:45 - 20:45 MyRide Tour Coach 30 Fast Class 19:45 - 20:45 MyRide Tour Coach 30 Fast Class 19:45 - 20:45 MyRide Tour Coach 30 Fast Class 19:45 - 20:45 MyRide Tour Coach 30 Fast Class 19:45 - 20:45 MyRide Tour Coach 30 Fast Class 19:45 - 20:45 MyRide Tour Coach 30 Fast Class 19:45 - 20:45 MyRide Tour Coach 30 Fast Class 19:45 - 20:45 MyRide Tour Coach 30 Fast Cla		•			· ·	
18.45 - 19:30						
19:45 - 20:45 MyRide Tour Coach 50						
WEDNESDAY Class Instructor THURSDAY Class Instructor 06:45 - 07:20 MyRide Tour Coach 30 Fast Class 06:45 - 07:20 MyRide Tour Coach 30 Fast Class 07:30 - 08:05 MyRide Tour Coach 30 Fast Class 07.45 - 08:20 MyRide Studio Coach 50 Class 08:30 - 09:30 MyRide Studio Coach 50 Class* 08:45 - 09.45 MyRide Tour Coach 50 Class 09:45 - 10:30 LIVE CYCLING Claire P 10:00 - 10:45 LIVE CYCLING Claire P 10:45 - 11:45 MyRide Tour Coach 50 Class 11:30 - 12:00 MyRide Studio Coach 30 Fast Class 10:45 - 11:45 MyRide Tour Coach 50 Class 13:30 - 14:05 MyRide Tour Coach 30 Fast Class 13:30 - 14:05 MyRide Tour Coach 30 Fast Class 16:30 MyRide Tour Coach 30 Fast Class 14:30 - 15:05 MyRide Tour Coach 30 Fast Class 16:45 - 17:20 Teen Tour Coach 30 Fast Class 16:45 - 17:20 Teen Tour Coach 30 Fast Class 16:45 - 17:20 Teen Tour Coach 30 Fast Class						
06:45 - 07:20 MyRide Tour Coach 30 Fast Class 06:45 - 07:20 MyRide Tour Coach 30 Fast Class 07.30 - 08.05 MyRide Tour Coach 30 Fast Class 07.45 - 08.20 MyRide Studio Coach 30 Fast Class 09.00 - 09.45 FITNESS TEST (monthly) Claire P 10:00 - 10.45 LIVE CYCLING Claire P 09:45 - 10:30 LIVE CYCLING Claire P 11:30 - 12:00 MyRide Studio Coach 15 HIIT DRI 09:00 - 10.30 ENDURANCE CYCLE (monthly) Claire P 12:45 - 13:20 MyRide Tour Coach 30 Fast Class 10:45 - 11:45 MyRide Tour Coach 30 Fast Class 13:30 - 14:05 MyRide Tour Coach 30 Fast Class 13:30 - 14:05 MyRide Tour Coach 30 Fast Class 15:30 - 16:30 MyRide Tour Coach 30 Fast Class 14:30 - 15:05 MyRide Tour Coach 30 Fast Class 15:30 - 16:30 MyRide Tour Coach 30 Fast Class 14:30 - 15:05 MyRide Tour Coach 50 Class 17:45 - 18:20 Teen Tour Coach 30 Fast Class 16:45 - 17:20 Teen Tour Coach 30 Fast Class 18:45 - 19:30 LI	17.43 - 20.43	myride rour coach 30	Ctass	17.43 - 20.43	MyRide Tour Coach 30	Class
07.30 - 08.05 MyRide Tour Coach 30 Fast Class 07.45 - 08.20 MyRide Studio Coach 30 Fast Class 08:30 - 09:30 MyRide Studio Coach 50 Class* 08:45 - 09.45 MyRide Tour Coach 50 Class 09:45 - 10:30 LIVE CYCLING Claire P 10:00 - 10:45 LIVE CYCLING Claire P 09:45 - 10:30 LIVE CYCLING Claire P 11:30 - 12:00 MyRide Studio Coach 15 HIIT DOI 09:00 - 10:30 ENDURANCE CYCLE (monthly) Claire P 12:45 - 13:20 MyRide Tour Coach 30 Fast Clas 10:45 - 11:45 MyRide Tour Coach 50 Class 13:30 - 14:05 MyRide Tour Coach 30 Fast Class 13:30 - 14:05 MyRide Tour Coach 30 Fast Class 14:30 - 15:05 MyRide Tour Coach 50 Class 14:30 - 15:05 MyRide Tour Coach 30 Fast Class 16:45 - 17:20 Teen Tour Coach 50 Class 14:30 - 15:05 MyRide Tour Coach 50 Class 17:45 - 18:20 Teen Tour Coach 30 Fast Class 14:30 - 15:05 MyRide Tour Coach 50 Class 17:45 - 18:20 Teen Tour Coach 30 Fast	WEDNESDAY	Class	Instructor	THURSDAY	Class	Instructo
08:30 - 09:30	06:45 - 07:20	MyRide Tour Coach 30	Fast Class	06:45 - 07:20	MyRide Tour Coach 30	Fast Clas
109.00 - 09.45	07.30 - 08.05	MyRide Tour Coach 30	Fast Class	07.45 - 08.20	MyRide Studio Coach 30	Fast Clas
11:30	08:30 - 09:30	MyRide Studio Coach 50	Class*	08:45 - 09.45	MyRide Tour Coach 50	Class
10.90	09.00 - 09.45	FITNESS TEST (monthly)	Claire P	10:00 - 10:45	LIVE CYCLING	Claire F
10:45 - 11:45	09:45 - 10:30	LIVE CYCLING	Claire P	11:30 - 12:00	MyRide Studio Coach 15	HIIT Dril
12:30 - 13:05	09.00 - 10.30	ENDURANCE CYCLE (monthly)	Claire P	12:45 - 13:20	MyRide Tour Coach 30	Fast Clas
13:30 - 14:05 MyRide Studio Coach 30 Fast Class 15:30 - 16:30 MyRide Tour Coach 50 Class 14:30 - 15:05 MyRide Tour Coach 30 Fast Class 16:45 - 17:20 Teen Tour Coach 30 Fast Class 16:45 - 17:20 Teen Tour Coach 30 Fast Class 17:45 - 18:20 Teen Tour Coach 30 Fast Class 17:45 - 18:20 Teen Tour Coach 30 Fast Class 18:45 - 19:30 LIVE CYCLING Alice 18:45 - 19:30 LIVE CYCLING Alice 19:45 - 20:45 MyRide Tour Coach 50 Class 19:45 - 20:45 MyRide Tour Coach 50 Class SATURDAY Class Instruct Instruct Instruct O6:45 - 07:20 MyRide Tour Coach 30 Fast Class O8.45 - 09.30 Fast Class O9:30 - 10:15 LIVE CYCLING Alice O9:00 - 09:45 LIVE CYCLING Alice O8:45 - 09:30 TITNESS TEST (monthly) Alice O9:00 - 09:45 LIVE CYCLING Alice O8:45 - 10:15 ENDURANCE CYCLE (monthly) Alice O9:00 - 11:35 MyRide Tour Coach 50 Class O9:30 - 10:15 LIVE CYCLING Alice O9:30 - 10:15 LIVE CYCLING Alice O9:45 LIVE CYCLING Alice O9:30 - 10:15 LIVE CYCLING Alice O9:45 LIVE CYCLING Alice O9:30 - 10:15 LIVE CYCLING Ali	10:45 - 11:45	MyRide Tour Coach 50	Class	13:30 - 14:05	MyRide Studio Coach 30	Fast Clas
13:30 - 14:05 MyRide Studio Coach 30 Fast Class 15:30 - 16:30 MyRide Tour Coach 50 Class 14:30 - 15:05 MyRide Tour Coach 30 Fast Class 16:45 - 17:20 Teen Tour Coach 30 Fast Class 16:45 - 17:20 Teen Tour Coach 30 Fast Class 17:45 - 18:20 Teen Tour Coach 30 Fast Class 17:45 - 18:20 Teen Tour Coach 30 Fast Class 18:45 - 19:30 LIVE CYCLING Alice 18:45 - 19:30 LIVE CYCLING Alice 18:45 - 19:30 LIVE CYCLING Alice 19:45 - 20:45 MyRide Tour Coach 50 Class 19:45 - 20:45 MyRide Tour Coach 50 Class 19:45 - 20:45 MyRide Tour Coach 50 Class SATURDAY Class Instruct O8:30 - 09:05 MyRide Studio Coach 30 Fast Clas O9:30 - 10:15 LIVE CYCLING Alice O9:00 - 09:45 LIVE CYCLING Alice O9:00 - 09:45 LIVE CYCLING Alice O9:00 - 09:45 MyRide Studio Coach 15 HIIT Drills 11:00 - 11:35 Family Tour Coach 30 Fast Class 12:00 - 13:00 MyRide Tour Coach 50 Class 13:30 - 14:05 MyRide Tour Coach 30 Fast Class 13:30 - 14:30 MyRide Tour Coach 50 Class 17:15 - 18:15 Family Tour Coach 50 Class 17:15 - 18:10 Tour Coach 50 Class 17:10 - 11:35 Family Tour Coach 50 Class 17:10 - 11:35 Family Tour Coach 50 Class	12:30 - 13:05	MvRide Tour Coach 30	Fast Class	14:30 - 15:05	MvRide Tour Coach 30	Fast Clas
14;30 - 15:05 MyRide Tour Coach 30 Fast Class 16:45 - 17:20 Teen Tour Coach 30 Fast Class 15:30 - 16:30 MyRide Tour Coach 50 Class 17:45 - 18:20 Teen Tour Coach 30 Fast Class 16:45 - 17:20 Teen Tour Coach 30 Fast Class 18:45 - 19:30 LIVE CYCLING Alice 17:45 - 18:20 Teen Tour Coach 30 Fast Class 18:00 - 19:30 ENDURANCE CYCLE (monthly) Alice 19:45 - 20:45 MyRide Tour Coach 50 Class MyRide Tour Coach 50 Class SATURDAY Class Instruct FRIDAY Class Instructor 08:30 - 09:05 MyRide Studio Coach 30 Fast Class 06:45 - 07:20 MyRide Tour Coach 50 Class 08.45 - 09:30 FITNESS TEST (monthly) Ali 09:00 - 09:45 LIVE CYCLING Alice 08.45 - 10.15 EIVE CYCLING Ali 10:15 - 10:45 MyRide Studio Coach 15 HIIT Drills 11:00 - 11:35 Family Tour Coach 30 Fast Class 11:00 - 11:35 MyRide Tour Coach 50 Class 13:30 - 14:30	13:30 - 14:05	MyRide Studio Coach 30	Fast Class	15:30 - 16:30	· ·	Class
15:30 - 16:30 MyRide Tour Coach 50 Class 17:45 - 18:20 Teen Tour Coach 30 Fast Class 18:45 - 19:30 LIVE CYCLING Alice 19:45 - 20:45 MyRide Tour Coach 50 Class 18:45 - 19:30 LIVE CYCLING Alice 19:45 - 20:45 MyRide Tour Coach 50 Class 18:45 - 19:30 ENDURANCE CYCLE (monthly) Alice 19:45 - 20:45 MyRide Tour Coach 50 Class 18:45 - 19:30 ENDURANCE CYCLE (monthly) Alice 19:45 - 20:45 MyRide Tour Coach 50 Class 10:45 - 20:45 MyRide Tour Coach 30 Fast Class 28:45 - 20:45 MyRide Studio Coach 30 Fast Class 28:45 - 20:45 MyRide Studio Coach 30 Fast Class 28:45 - 20:45 MyRide Studio Coach 30 Fast Class 28:45 - 20:45 MyRide Studio Coach 30 Fast Class 28:45 - 20:45 MyRide Studio Coach 30 Fast Class 28:45 - 20:45 MyRide Studio Coach 30 Fast Class 28:45 - 20:45 MyRide Studio Coach 30 Fast Class 28:45 - 20:45 MyRide Studio Coach 50 Class 28:45 - 20:45 MyRide Studio Coach 15 HIIT Drills 28:45 - 20:45 MyRide Studio Coach 30 Fast Class 28:45 - 20:45 MyRide Studio Coach 30 Fast Class 28:45 - 20:45 MyRide Studio Coach 50 Class 28:45 - 20	14:30 - 15:05	· ·	Fast Class	16:45 - 17:20		Fast Clas
16:45 - 17:20 Teen Tour Coach 30 Fast Class 18:45 - 19:30 LIVE CYCLING Alice 17:45 - 18:20 Teen Tour Coach 30 Fast Class 18:00 - 19:30 ENDURANCE CYCLE (monthly) Alice 19:45 - 20:45 MyRide Tour Coach 50 Class SATURDAY Class Instructor 08:30 - 09:05 MyRide Studio Coach 30 Fast Class 09:30 - 10:15 LIVE CYCLING Ali O9:00 - 09:45 LIVE CYCLING Alice 08:45 - 10:35 MyRide Tour Coach 50 Class 09:30 - 10:15 LIVE CYCLING Alice 09:45 MyRide Studio Coach 15 HIIT Drills 11:00 - 11:35 MyRide Studio Coach 30 Fast Class 12:00 - 13:00 MyRide Studio Coach 50 Class 13:30 - 14:30 MyRide Studio Coach 30 Fast Class 13:30 - 14:30 MyRide Tour Coach 30 Fast Class 13:30 - 14:30 MyRide Tour Coach 30 Fast Class 13:30 - 19:30 MyRide Tour Coach 30 Fast Class 17:15 - 18:15 Family Tour Coach 30 Fast Class 17:15 - 18:15 Family Tour Coach 50 Class 17:45 - 18:20 Teen Tour Coach 30 Fast Class 17:15 - 18:15 Family Tour Coach 50 Class 17:45 - 18:20 Teen Tour Coach 30 Fast Class 17:15 - 18:15 Family Tour Coach 50 Class 17:45 - 18:20 Teen Tour Coach 30 Fast Class 17:15 - 18:15 Family Tour Coach 50 Class 18:30 - 19:30 MyRide Studio Coach 50 Class 17:15 - 18:15 Family Tour Coach 50 Class 18:30 - 19:30 MyRide Studio Coach 50 Class 17:15 - 18:15 Family Tour Coach 50 Class 18:30 - 19:30 MyRide Studio Coach 50 Class 17:15 - 18:15 Family Tour Coach 50 Class 18:30 - 19:30 MyRide Studio Coach 50 Class 17:15 - 18:15 Family Tour Coach 50 Class 18:30 - 19:30 MyRide Studio Coach 50 Class 18:30 - 19:30 MyRide Studio Coach 50 Class 17:00 - 17:30 MyRide Studio Coac		•		17:45 - 18:20		Fast Clas
17:45 - 18:20 Teen Tour Coach 30 Fast Class 18:00 - 19:30 ENDURANCE CYCLE (monthly) Alice 18:45 - 19:30 LIVE CYCLING Ali Bull 19:45 - 20:45 MyRide Tour Coach 50 Class 19:45 - 20:45 MyRide Tour Coach 50 Class SATURDAY Class Instruct Class						
18:45 - 19:30	17:45 - 18:20	Teen Tour Coach 30	Fast Class	18.00 - 19.30	ENDURANCE CYCLE (monthly)	Alice
19:45- 20:45 MyRide Tour Coach 50 Class SATURDAY Class Instructor 08:30 - 09:05 MyRide Studio Coach 30 Fast Class 08:45 - 07:20 MyRide Tour Coach 30 Fast Class 08:45 - 09:30 FITNESS TEST (monthly) Ali 07:45 - 08:45 MyRide Tour Coach 50 Class 09:30 - 10:15 LIVE CYCLING Ali 09:00 - 09:45 LIVE CYCLING Alice 08:45 - 10.15 ENDURANCE CYCLE (monthly) Ali 10:15 - 10:45 MyRide Studio Coach 15 HIIT Drills 11:00 - 11:35 Family Tour Coach 30 Fast Class 12:00 - 13:00 MyRide Tour Coach 30 Class 12:15 - 13:15 MyRide Tour Coach 50 Class 13:30 - 14:30 MyRide Studio Coach 50 Class 13:30 - 14:30 MyRide Studio Coach 50 Class 15:00 - 15:35 Family Tour Coach 30 Fast Clas 16:00 - 17:00 MyRide Tour Coach 50 Class 16:30 MyRide Tour Coach 30 Fast Class 17:15 - 18:15 Family Tour Coach 50 Class 17:15 - 18:20 Teen Tour Coach 30 Fast Class 17:15 - 18:15 Family Tour Coach 50 Class 18:30 - 19:30 MyRide Studio Coach 50 Class 08:15 - 09:15 MyRide Tour Coach 50 Class 18:30 - 19:30 MyRide Studio Coach 50 Class 12:00 - 13:00 MyRide Studio Coach 50 Class 13:30 - 14:30 MyRide Studio Coach 50					, ,,	
SATURDAY Class Instructor 08:30 - 09:05 MyRide Studio Coach 30 Fast Class 107:45 - 07:20 MyRide Tour Coach 30 Fast Class 08:45 - 09:30 FITNESS TEST (monthly) Alia 107:45 - 08:45 MyRide Tour Coach 50 Class 09:30 - 10:15 LIVE CYCLING Alia 10:15 - 10:45 MyRide Studio Coach 15 HIIT Drills 11:00 - 11:35 Family Tour Coach 30 Fast Class 12:00 - 13:00 MyRide Tour Coach 50 Class 13:30 - 14:30 MyRide Tour Coach 30 Fast Class 16:00 - 17:00 MyRide Tour Coach 50 Class 17:15 - 18:15 Family Tour Coach 50 Class 17:15 - 18:15 Family Tour Coach 50 Class 17:15 - 18:20 Teen Tour Coach 30 Fast Class 17:15 - 18:15 MyRide Studio Coach 50 Class 17:15 - 18:20 MyRide Studio Coach 50 Class 17:100 MyRide Tour Coach 50 Class 17:100 MyRide Tour Coach 50 Class 17:15 - 18:20 MyRide Studio Coach 50 Class 17:15 - 18:15 MyRide Tour Coach 30 Fast Class 17:15 - 18:15 Family Tour Coach 50 Class 18:30 - 19:30 MyRide Studio Coach 50 Class 17:100 - 11:35 Family Tour Coach 50 Class 17:100 - 11:35 Family Tour Coach 30 Fast Class 17:100 - 11:35 Family Tour Coach 30 Fast Class 17:100 - 11:35 Family Tour Coach 50 Class 17:100 - 17:100 MyRide Tour						
06:45 - 07:20 MyRide Tour Coach 30 Fast Class 08.45 - 09.30 FITNESS TEST (monthly) Ali 07:45 - 08.45 MyRide Tour Coach 50 Class 09:30 - 10:15 LIVE CYCLING Ali 09:00 - 09:45 LIVE CYCLING Alice 08.45 - 10.15 ENDURANCE CYCLE (monthly) Ali 10:15 - 10:45 MyRide Studio Coach 15 HIIT Drills 11:00 - 11:35 Family Tour Coach 30 Fast Class 11:00 - 11:35 MyRide Tour Coach 30 Fast Class 12:00 - 13:00 MyRide Tour Coach 50 Class 12:15 - 13:15 MyRide Tour Coach 50 Class 13:30 - 14:30 MyRide Studio Coach 50 Class 13:30 - 14:05 MyRide Studio Coach 30 Strength Drills 15:00 - 15:35 Family Tour Coach 30 Fast Class 14:30 - 15:05 MyRide Tour Coach 30 Fast Class 16:00 - 17:00 MyRide Tour Coach 50 Class 15:30 - 16:30 MyRide Tour Coach 50 Class 17:15 - 18:15 Family Tour Coach 50 Class 16:45 - 17:20 Teen Tour Coach 30 Fast Class SUNDAY Class Instruct <td></td> <td>, , , , , , , , , , , , , , , , , , , ,</td> <td></td> <td>SATURDAY</td> <td>Class</td> <td>Instructo</td>		, , , , , , , , , , , , , , , , , , , ,		SATURDAY	Class	Instructo
06:45 - 07:20 MyRide Tour Coach 30 Fast Class 08.45 - 09.30 FITNESS TEST (monthly) Ali 07:45 - 08.45 MyRide Tour Coach 50 Class 09:30 - 10:15 LIVE CYCLING Ali 09:00 - 09:45 LIVE CYCLING Alice 08.45 - 10.15 ENDURANCE CYCLE (monthly) Ali 10:15 - 10:45 MyRide Studio Coach 15 HIIT Drills 11:00 - 11:35 Family Tour Coach 30 Fast Class 11:00 - 11:35 MyRide Tour Coach 30 Fast Class 12:00 - 13:00 MyRide Tour Coach 50 Class 12:15 - 13:15 MyRide Tour Coach 50 Class 13:30 - 14:30 MyRide Studio Coach 50 Class 13:30 - 14:05 MyRide Studio Coach 30 Strength Drills 15:00 - 15:35 Family Tour Coach 30 Fast Class 14:30 - 15:05 MyRide Tour Coach 30 Fast Class 16:00 - 17:00 MyRide Tour Coach 50 Class 15:30 - 16:30 MyRide Tour Coach 50 Class 17:15 - 18:15 Family Tour Coach 50 Class 16:45 - 17:20 Teen Tour Coach 30 Fast Class SUNDAY Class Instruct <td>FRIDAY</td> <td>Class</td> <td>Instructor</td> <td>08:30 - 09:05</td> <td>MyRide Studio Coach 30</td> <td>Fast Clas</td>	FRIDAY	Class	Instructor	08:30 - 09:05	MyRide Studio Coach 30	Fast Clas
07.45 - 08.45 MyRide Tour Coach 50 Class 09:30 - 10:15 LIVE CYCLING Ali 09:00 - 09:45 LIVE CYCLING Alice 08.45 - 10.15 ENDURANCE CYCLE (monthly) Ali 10:15 - 10:45 MyRide Studio Coach 15 HIIT Drills 11:00 - 11:35 Family Tour Coach 30 Fast Class 11:00 - 11:35 MyRide Tour Coach 30 Fast Class 12:00 - 13:00 MyRide Tour Coach 50 Class 12:15 - 13:15 MyRide Tour Coach 50 Class 13:30 - 14:30 MyRide Studio Coach 50 Class 13:30 - 14:05 MyRide Studio Coach 30 Strength Drills 15:00 - 15:35 Family Tour Coach 30 Fast Class 14:30 - 15:05 MyRide Tour Coach 30 Fast Class 16:00 - 17:00 MyRide Tour Coach 50 Class 15:30 - 16:30 MyRide Tour Coach 50 Class 17:15 - 18:15 Family Tour Coach 50 Class 16:45 - 17:20 Teen Tour Coach 30 Fast Class SUNDAY Class Instruct 18:30 - 19:30 MyRide Studio Coach 50 Class 09:30 - 10:00 MyRide Studio Coach 50 Class	06:45 - 07:20	MvRide Tour Coach 30	Fast Class	08.45 - 09.30	·	Ali
09:00 - 09:45 LIVE CYCLING Alice 08.45 - 10.15 ENDURANCE CYCLE (monthly) Ali 10:15 - 10:45 MyRide Studio Coach 15 HIIT Drills 11:00 - 11:35 Family Tour Coach 30 Fast Class 11:00 - 11:35 MyRide Tour Coach 30 Fast Class 12:00 - 13:00 MyRide Tour Coach 50 Class 12:15 - 13:15 MyRide Tour Coach 50 Class 13:30 - 14:30 MyRide Studio Coach 50 Class 13:30 - 14:05 MyRide Studio Coach 30 Strength Drills 15:00 - 15:35 Family Tour Coach 30 Fast Class 14:30 - 15:05 MyRide Tour Coach 30 Fast Class 16:00 - 17:00 MyRide Tour Coach 50 Class 15:30 - 16:30 MyRide Tour Coach 50 Class 17:15 - 18:15 Family Tour Coach 50 Class 16:45 - 17:20 Teen Tour Coach 30 Fast Class SUNDAY Class Instruct 18:30 - 19:30 MyRide Studio Coach 50 Class 08:15 - 09:15 MyRide Tour Coach 50 Class 18:30 - 19:30 MyRide Studio Coach 50 Class 09:30 - 10:00 MyRide Studio Coach 15 HIIT Dri		•		09:30 - 10:15	` ",	
10:15 - 10:45	09:00 - 09:45	•		08.45 - 10.15	ENDURANCE CYCLE (monthly)	Ali
11:00 - 11:35 MyRide Tour Coach 30 Fast Class 12:00 - 13:00 MyRide Tour Coach 50 Class 12:15 - 13:15 MyRide Tour Coach 50 Class 13:30 - 14:30 MyRide Studio Coach 50 Class 13:30 - 14:05 MyRide Studio Coach 30 Strength Drills 15:00 - 15:35 Family Tour Coach 30 Fast Class 14:30 - 15:05 MyRide Tour Coach 30 Fast Class 16:00 - 17:00 MyRide Tour Coach 50 Class 15:30 - 16:30 MyRide Tour Coach 50 Class 17:15 - 18:15 Family Tour Coach 50 Class 16:45 - 17:20 Teen Tour Coach 30 Fast Class SUNDAY Class Instruct 18:30 - 19:30 MyRide Studio Coach 50 Class 08:15 - 09:15 MyRide Tour Coach 50 Class 18:30 - 19:30 MyRide Studio Coach 50 Class 09:30 - 10:00 MyRide Studio Coach 15 HIIT Dri HIIT Dri 11:00 - 11:35 Family Tour Coach 50 Class Instructor led classes 13:30 - 14:30 MyRide Studio Coach 50 Class Instructor led class	10:15 - 10:45					Fast Clas
12:15 - 13:15 MyRide Tour Coach 50 Class 13:30 - 14:30 MyRide Studio Coach 50 Class 13:30 - 14:05 MyRide Studio Coach 30 Strength Drills 15:00 - 15:35 Family Tour Coach 30 Fast Clast 14:30 - 15:05 MyRide Tour Coach 30 Fast Class 16:00 - 17:00 MyRide Tour Coach 50 Class 15:30 - 16:30 MyRide Tour Coach 50 Class 17:15 - 18:15 Family Tour Coach 50 Class 16:45 - 17:20 Teen Tour Coach 30 Fast Class SUNDAY Class Instruct 18:30 - 19:30 MyRide Studio Coach 50 Class Oliver Studio Coach 50 Class MyRide Studio Coach 50 Class 18:30 - 19:30 MyRide Studio Coach 50 Class 09:30 - 10:00 MyRide Studio Coach 15 HIIT Dri 11:00 - 11:35 Family Tour Coach 30 Fast Class 10:00 - 13:00 MyRide Tour Coach 50 Class 10:00 - 13:00 MyRide Tour Coach 50 Class 10:00 - 13:00 MyRide Tour Coach 50 Class 10:00 - 13:00	11:00 - 11:35	· ·				Class
13:30 - 14:05 MyRide Studio Coach 30 Strength Drills 15:00 - 15:35 Family Tour Coach 30 Fast Class 14:30 - 15:05 MyRide Tour Coach 30 Fast Class 16:00 - 17:00 MyRide Tour Coach 50 Class 15:30 - 16:30 MyRide Tour Coach 50 Class 17:15 - 18:15 Family Tour Coach 50 Class 16:45 - 17:20 Teen Tour Coach 30 Fast Class SUNDAY Class Instruct 18:30 - 19:30 MyRide Studio Coach 50 Class O8:15 - 09:15 MyRide Tour Coach 50 Class 18:30 - 19:30 MyRide Studio Coach 50 Class 09:30 - 10:00 MyRide Studio Coach 15 HIIT Dri 11:00 - 11:35 Family Tour Coach 30 Fast Class Virtual classes 12:00 - 13:00 MyRide Tour Coach 50 Class Instructor led classes 13:30 - 14:30 MyRide Studio Coach 50 Class Fitness test runs monthly 1 st Wed & Sat 15:00 - 15:35 Family Tour Coach 30 Fast Class		•			,	
14:30 - 15:05 MyRide Tour Coach 30 Fast Class 16:00 - 17:00 MyRide Tour Coach 50 Class 15:30 - 16:30 MyRide Tour Coach 50 Class 17:15 - 18:15 Family Tour Coach 50 Class 16:45 - 17:20 Teen Tour Coach 30 Fast Class SUNDAY Class Instruct 18:30 - 19:30 MyRide Studio Coach 50 Class 08:15 - 09:15 MyRide Tour Coach 50 Class 18:30 - 19:30 MyRide Studio Coach 50 Class 09:30 - 10:00 MyRide Studio Coach 15 HIIT Dri 11:00 - 11:35 Family Tour Coach 30 Fast Class Virtual classes 12:00 - 13:00 MyRide Tour Coach 50 Class Instructor led classes 13:30 - 14:30 MyRide Studio Coach 50 Class Fitness test runs monthly 1 st Wed & Sat 15:00 - 15:35 Family Tour Coach 30 Fast Class						
15:30 - 16:30 MyRide Tour Coach 50 Class 17:15 - 18:15 Family Tour Coach 50 Class 16:45 - 17:20 Teen Tour Coach 30 Fast Class SUNDAY Class Instruct 18:30 - 19:30 MyRide Studio Coach 50 Class 08:15 - 09:15 MyRide Tour Coach 50 Class 18:30 - 19:30 MyRide Studio Coach 50 Class 09:30 - 10:00 MyRide Studio Coach 15 HIIT Dri 11:00 - 11:35 Family Tour Coach 30 Fast Class Virtual classes 12:00 - 13:00 MyRide Tour Coach 50 Class Instructor led classes 13:30 - 14:30 MyRide Studio Coach 50 Class Fitness test runs monthly 1 st Wed & Sat 15:00 - 15:35 Family Tour Coach 30 Fast Class		· ·	_			
16:45 - 17:20 Teen Tour Coach 30 Fast Class 17:45 - 18:20 Teen Tour Coach 30 Fast Class 18:30 - 19:30 MyRide Studio Coach 50 Class 18:30 - 19:30 MyRide Studio Coach 50 Class 18:30 - 19:30 MyRide Studio Coach 50 Class 11:00 - 11:35 Family Tour Coach 30 Fast Class Virtual classes 12:00 - 13:00 MyRide Tour Coach 50 Class Instructor led classes 13:30 - 14:30 MyRide Studio Coach 50 Class Fitness test runs monthly 1 st Wed & Sat 15:00 - 15:35 Family Tour Coach 30 Fast Cla					· ·	
17:45 - 18:20 Teen Tour Coach 30 Fast Class SUNDAY Class Instruct 18:30 - 19:30 MyRide Studio Coach 50 Class 08:15 - 09:15 MyRide Tour Coach 50 Class 18:30 - 19:30 MyRide Studio Coach 50 Class 09:30 - 10:00 MyRide Studio Coach 15 HIIT Dri 11:00 - 11:35 Family Tour Coach 30 Fast Class Virtual classes 12:00 - 13:00 MyRide Tour Coach 50 Class Instructor led classes 13:30 - 14:30 MyRide Studio Coach 50 Class Fitness test runs monthly 1 st Wed & Sat 15:00 - 15:35 Family Tour Coach 30 Fast Cla				17110 10110	rannity roan coach so	Otabb
18:30 - 19:30 MyRide Studio Coach 50 Class 08:15 - 09:15 MyRide Tour Coach 50 Class 18:30 - 19:30 MyRide Studio Coach 50 Class 09:30 - 10:00 MyRide Studio Coach 15 HIIT Dri Virtual classes 11:00 - 11:35 Family Tour Coach 30 Fast Cla Virtual classes 12:00 - 13:00 MyRide Tour Coach 50 Class Instructor led classes 13:30 - 14:30 MyRide Studio Coach 50 Class Fitness test runs monthly 1 st Wed & Sat 15:00 - 15:35 Family Tour Coach 30 Fast Cla				SUNDAY	Class	Instructo
18:30 - 19:30 MyRide Studio Coach 50 Class 09:30 - 10:00 MyRide Studio Coach 15 HIIT Dri 11:00 - 11:35 Family Tour Coach 30 Fast Cla Virtual classes 12:00 - 13:00 MyRide Tour Coach 50 Class Instructor led classes 13:30 - 14:30 MyRide Studio Coach 50 Class Fitness test runs monthly 1 st Wed & Sat 15:00 - 15:35 Family Tour Coach 30 Fast Cla						
11:00 - 11:35 Family Tour Coach 30 Fast Cla Virtual classes 12:00 - 13:00 MyRide Tour Coach 50 Class Instructor led classes 13:30 - 14:30 MyRide Studio Coach 50 Class Fitness test runs monthly 1 st Wed & Sat 15:00 - 15:35 Family Tour Coach 30 Fast Cla						
Virtual classes Instructor led classes Instructor led classes Fitness test runs monthly 1 st Wed & Sat 12:00 - 13:00 MyRide Tour Coach 50 Class 13:30 - 14:30 MyRide Studio Coach 50 Class Fitness test runs monthly 1 st Wed & Sat 15:00 - 15:35 Family Tour Coach 30 Fast Cla	10.30 17.30	myNide Studio Coacii 30	Ciass			
Instructor led classes 13:30 - 14:30 MyRide Studio Coach 50 Class Fitness test runs monthly 1 st Wed & Sat 15:00 - 15:35 Family Tour Coach 30 Fast Cla		Virtual classes				
Fitness test runs monthly 1 st Wed & Sat 15:00 - 15:35 Family Tour Coach 30 Fast Cla						
			Sat			
ual class will not run when Fitness rest of Endurance runs 16:00 - 17:00 MyRide Tour Coach 50 Class	•					
	ual Class Will NOT	run when rithess lest or Endurance	i ui 15	16:00 - 17:00	Mykide Tour Coach 50	Class

Family Tour Coach 50

Class

Monday 8 Jan, 5 Feb, 5 Mar
Wednesday 24 Jan, 21 Feb, 21 Mar
Thursday 4 Jan, 1 Feb, 1 Mar, 29 Mar
Saturday 20 Jan, 17 Feb, 17 Mar

Endurance Cycle 90 min dates

THE NEW 'COACH BY COLOR' SYSTEM

Coach By Color® has five colored training zones: white, blue, green, yellow and red. These zones can be linked to WattRate® (Power) and Functional Threshold WattRate® (FTW), or heart rate and percentage of Heart Rate Max (HRM). FTW represents the workload above which an individual cannot sustain prolonged exercise. Similar to HRM, once an individual's FTW is known, users are assigned the five colored zones to accurately coach their effort for the best customised result.

Training Zone	%FTW	%Max HR	RPE	Time in Zone	Colour
Neuromuscular power	>150%	>100%	Maximal	5-10 sec	
Anaerobic capacity	106-150%	90-100%	Maximal	1-10 min	
VO2 max	91-105%	80-90%	Hard	10-60 min	
Lactate threshold	91-105%	80-90%	Hard	10-60 min	
Tempo	76-90%	70-80%	Moderate	3-8 hrs	
Endurance	56-75%	60-70%	Light	8hrs - weeks	
Active recovery	<55%	<60%	Very light	Infinity	

Monthly instructor-led Fitness
Test sessions will run the 1st Wed and Sat of each month to help you find your FTW.
If you wish to do a Fitness Test outside these sessions, please either ask an instructor or choose Fitness Test on your bike console and follow the instructions.

	Class Quick Guide		
MyRide Tour Coach	Terrain-focused footage from all over the world paired with chart-quality music and world-class voice-over coaching delivers fun yet fierce workouts. The exclusive, speed interacting scenery is stunning. You ride it like you see it using the 'coach by color' system to guide you through your workout. There are two different class formats.		
FAST CLASS	30 minute ride with guidance on rpm and intensity of workout throughout		
CLASS	50 minute ride with guidance on rpm and intensity of workout throughout		
MyRide Studio Coach	The on-screen coach gives you a workout to deliver results. Riding to world-class instruction and chart-quality music you will get fitter, faster and stronger - and love every minute of it. There are three different programme formats guided by the virtual coach.		
DRILLS	15 minute High Intensity Interval Training (HIIT) workouts to maximize your results while reducing training time. Drills exclude warming up and cooling down so we advise adding 5 mins either side to do this.		
FAST CLASS	30 minute coached ride with guidance throughout		
CLASS	50 minute coached ride with guidance throughout		
Live Cycling	45 minute instructor led ride to the MyRide virtual scenery.		
Endurance Cycle	90 minute instructor led class to help build strength and stamina during the winter season.		
Fitness Test	Up to 45 minute instructor guided fitness test to find your optimum FTW. One Saturday and Wednesday each month.		
DURATION	The duration of the class is listed next to the class type. All virtual classes will either be 15, 30 or 50 mins long. Live/Studio Cycling classes will be 45mins. PLEASE LEAVE 5 MIN SET UP TIME AT THE START OF EVERY VIRTUAL CLASS		
Family Rides	Parents and teens 12 - 16 years (parents must sign consent form for the teens before they can participate).		
Teen Rides	Teens 12 to 16 years (parents must sign consent form for the teens before they can participate).		
Beginners	Come and join a Studio Coach fast class and get on screen guidance to help you, or join a studio or live cycling class for advice from an instructor on your bike set up.		

CANCELLATION POLICY Please ensure that the club have at least 2 hours notice where possible if you are unable to attend. To ensure that those added to class waiting lists have every chance to attend their chosen class we operate a £5 NO SHOW & late cancellation fee. Further bookings may be restricted until this fee is paid.