

# STUDIO CYCLING TIMETABLE - from 1st March 2018

MONDAY	Class Type	Who/What
06:45 - 07:20	MyRide Tour Coach 30	Fast Class
08:00 - 08:55	MyRide Tour Coach 50	Fast Class
09:15 - 10:00	LIVE CYCLING	Anna
09.15 - 10.45	ENDURANCE CYCLE (monthly)	Anna
10:15 - 10:50	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
13:45 - 14:20	MyRide Studio Coach 30	Fast Class
14:30 - 15:05	MyRide Tour Coach 30	Fast Class
15:30 - 16:30	MyRide Tour Coach 50	Class
16:45 - 17:20	Teen Tour Coach 30	Fast Class
17:45 - 18:20	Teen Tour Coach 30	Fast Class
18:45 - 19:30	LIVE CYCLING	Anna/Hayley
19:45 - 20:45	MyRide Tour Coach 50	Class

TUESDAY	Class	Programme
06:45 - 07:20	MyRide Tour Coach 30	Fast Class
07:45 - 08:20	MyRide Tour Coach 30	Fast Class
08:45 - 09:15	MyRide Studio Coach 15	HIIT Drills
09:45 - 10:30	LIVE CYCLING	Ali
10:45 - 11:20	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
13:30 - 14:05	MyRide Studio Coach 30	Fast Class
14:30 - 15:05	MyRide Tour Coach 30	Fast Class
15:30 - 16:30	MyRide Tour Coach 50	Class
16:45 - 17:20	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

WEDNESDAY	Class	Instructor
06:45 - 07:20	MyRide Tour Coach 30	Fast Class
07.30 - 08.05	MyRide Tour Coach 30	Fast Class
08:30 - 09:30	MyRide Studio Coach 50	Class*
09.00 - 09.45	FITNESS TEST (monthly)	Claire P
09:45 - 10:30	LIVE CYCLING	Claire P
09.00 - 10.30	ENDURANCE CYCLE (monthly)	Claire P
10:45 - 11:45	MyRide Tour Coach 50	Class
12:30 - 13:05	MyRide Tour Coach 30	Fast Class
13:30 - 14:05	MyRide Studio Coach 30	Fast Class
14:30 - 15:05	MyRide Tour Coach 30	Fast Class
15:30 - 16:30	MyRide Tour Coach 50	Class
16:45 - 17:20	Teen Tour Coach 30	Fast Class
17:45 - 18:20	Teen Tour Coach 30	Fast Class
18:45 - 19:30	LIVE CYCLING	Ali Bull
19:45 - 20:45	MyRide Tour Coach 50	Class

THURSDAY	Class	Instructor
06:45 - 07:20	MyRide Tour Coach 30	Fast Class
07.45 - 08.20	MyRide Studio Coach 30	Fast Class
08:45 - 09:45	MyRide Tour Coach 50	Class
10:00 - 10:45	LIVE CYCLING	Claire P
11:30 - 12:00	MyRide Studio Coach 15	HIIT Drills
12:45 - 13:20	MyRide Tour Coach 30	Fast Class
13:30 - 14:05	MyRide Studio Coach 30	Fast Class
14:30 - 15:05	MyRide Tour Coach 30	Fast Class
15:30 - 16:30	MyRide Tour Coach 50	Class
16:45 - 17:20	Teen Tour Coach 30	Fast Class
17:45 - 18:20	Teen Tour Coach 30	Fast Class
18:45 - 19:30	LIVE CYCLING	Claire P
18.00 - 19.30	ENDURANCE CYCLE (monthly)	Alice
19:45 - 20:45	MyRide Tour Coach 50	Class

FRIDAY	Class	Instructor
06:45 - 07:20	MyRide Tour Coach 30	Fast Class
07.45 - 08.45	MyRide Tour Coach 50	Class
09:00 - 09:45	LIVE CYCLING	Alice
10:15 - 10:45	MyRide Studio Coach 15	HIIT Drills
11:00 - 11:35	MyRide Tour Coach 30	Fast Class
12:15 - 13:15	MyRide Tour Coach 50	Class
13:30 - 14:05	MyRide Studio Coach 30	Strength Drills
14:30 - 15:05	MyRide Tour Coach 30	Fast Class
15:30 - 16:30	MyRide Tour Coach 50	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

SATURDAY	Class	Instructor
08:30 - 09:05	MyRide Studio Coach 30	Fast Class*
08.45 - 09.30	FITNESS TEST (monthly)	Ali
09:30 - 10:15	LIVE CYCLING	Ali
08.45 - 10.15	ENDURANCE CYCLE (monthly)	Ali
11:00 - 11:35	Family Tour Coach 30	Fast Class
12:00 - 13:00	MyRide Tour Coach 50	Class
13:30 - 14:30	MyRide Studio Coach 50	Class
15:00 - 15:35	Family Tour Coach 30	Fast Class
16:00 - 17:00	MyRide Tour Coach 50	Class
17:15 - 18:15	Family Tour Coach 50	Class

Virtual classes
Instructor led classes
Fitness test runs monthly 1 <sup>st</sup> Wed & Sat

\* Virtual class will not run when Fitness Test or Endurance runs

### Endurance Cycle 90 min dates

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

SUNDAY	Class	Instructor
08:15 - 09:15	MyRide Tour Coach 50	Class
09:30 - 10:00	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 Studio Coach 50	Class
15:00 - 15:35	Family Tour Coach 30	Fast Class
16:00 - 17:00	MyRide Tour Coach 50	Class
17:15 - 18:15	Family Tour Coach 50	Class

# 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	Red
Anaerobic capacity	106-150%	90-100%	Maximal	1-10 min	Red
VO2 max	91-105%	80-90%	Hard	10-60 min	Yellow
Lactate threshold	91-105%	80-90%	Hard	10-60 min	Yellow
Tempo	76-90%	70-80%	Moderate	3-8 hrs	Green
Endurance	56-75%	60-70%	Light	8hrs - weeks	Blue
Active recovery	<55%	<60%	Very light	Infinity	White

Monthly instructor-led Fitness Test sessions will run the 1<sup>st</sup> 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.
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Endurance Cycle	90 minute instructor led class to help build strength and stamina during the winter season.
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Fitness Test	Up to 45 minute instructor guided fitness test to find your optimum FTW. One Saturday and Wednesday each month.
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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
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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.