



## GROUP EXERCISE VIRTUAL STUDIO TIMETABLE - JUNE 1<sup>ST</sup> 2022

### MONDAY

9.30 - 10.15	RPM	
11.00 - 11.50	Virtual RPM	
12.30 - 1.00	Virtual SPRINT	
4.30 - 5.20	Virtual RPM	
6.30 - 7.15	RPM	
8.00 - 8.30	Virtual SPRINT	

### TUESDAY

7.00 - 7.30	Virtual SPRINT	
8.00 - 8.30	Virtual RPM	
9.30 - 10.20	Virtual RPM	
11.00 - 11.50	Virtual RPM	
12.30 - 1.00	Virtual SPRINT	
5.00 - 5.30	Virtual SPRINT	
6.30 - 7.15	RPM	
6.00 - 6.50	Virtual RPM	

### WEDNESDAY

9.30 - 10.15	RPM	
11.00 - 11.30	Virtual SPRINT	
12.00 - 12.30	Virtual SPRINT	
5.00 - 5.30	Virtual SPRINT	
6.00 - 6.50	Virtual RPM	

### THURSDAY

6.30 - 7.20	Virtual RPM	
8.00 - 8.30	Virtual RPM	
9.30 - 10.15	RPM	
11.00 - 11.30	Virtual SPRINT	
5.00 - 5.30	Virtual SPRINT	
6.30 - 7.00	Virtual RPM	
7.30 - 8.20	Virtual RPM	

### FRIDAY

9.30 - 10.15	RPM	
11.30 - 12.00	Virtual SPRINT	
5.00 - 5.50	Virtual RPM	
6.00 - 6.50	Virtual RPM	

### SATURDAY

9.15 - 10.00	RPM	
10.15 - 11.00	RPM	
12.00 - 12.30	Virtual SPRINT	
1.00 - 1.30	Virtual SPRINT	
4.00 - 4.30	Virtual SPRINT	
5.00 - 5.45	SPIN	
6.30 - 7.20	Virtual RPM	

### SUNDAY

10.15 - 11.00	RPM	
12.00 - 12.50	Virtual RPM	
1.30 - 2.00	Virtual SPRINT	
4.00 - 4.50	Virtual RPM	
6.30 - 7.00	Virtual SPRINT	