

On Demand

A wide variety of on-demand classes programmed throughout the day to suit every need, whatever the goal.

Live Studio Cycling

A low impact, high intensity indoor cycling class where your favourite instructors guide you through a journey over hills and along flat roads to maximise your calorie burn, keeping you motivated with fun and powerful music!

Virtual Sprint

High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

Virtual RPM

Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

Virtual THE TRIP

A totally unique workout experience that combines a multi-peak cycling workout with a journey through digitally-created worlds.

your space
Dearneside Leisure Centre



your space
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Your Space Dearneside, Goldthorpe Road, Goldthorpe, Rotherham, S63 9EN

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Virtual Cycling Studio
Timetable

Virtual Cycling Studio Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
On Demand 6:45AM – 7:45AM	Virtual Sprint 6:45AM – 7:15AM	On Demand 6:45AM – 7:45AM	Virtual THE TRIP 6:45AM – 7:30AM	On Demand 6:45AM – 7:45AM	Virtual THE TRIP 6:30AM – 7:15AM	On Demand 8:45AM – 9:45AM
Virtual THE TRIP 7:50AM – 8:35AM	Virtual RPM 7:20AM – 7:50AM	On Demand 7:50AM – 8:50AM	Virtual RPM 7:35AM – 8:05AM	Virtual Sprint 7:45AM – 8:15AM	Virtual RPM 7:40AM – 8:10AM	Virtual THE TRIP 9:50AM – 10:35AM
Virtual Sprint 8:40AM – 9:10AM	On Demand 7:55AM – 8:55AM	Virtual THE TRIP 8:55AM – 9:40AM	Virtual Sprint 8:10AM – 8:40AM	Virtual RPM 8:30AM – 9:00AM	Virtual THE TRIP 8:15AM – 9:00AM	Virtual RPM 10:40AM – 11:30AM
On Demand 9:15AM – 10:15AM	Virtual THE TRIP 9:00AM – 9:45AM	Live Studio Cycling 10:00AM – 10:45AM	On Demand 8:45AM – 10:15AM	Virtual THE TRIP 9:00AM – 9:45AM	Live Studio Cycling 9:15AM – 10:15AM	Virtual Sprint 11:35AM – 12:05PM
Virtual RPM 10:20AM – 10:50AM	Virtual Sprint 9:50AM – 10:20AM	Virtual Sprint 11:00AM – 11:30AM	Virtual THE TRIP 10:30AM – 11:15AM	Virtual Sprint 9:45AM – 10:15AM	On Demand 10:30AM – 11:30AM	Virtual RPM 12:10PM – 12:40PM
Live Studio Cycling 11:00AM – 11:45AM	Virtual RPM 10:25AM – 11:15AM	Virtual RPM 11:35AM – 12:05PM	Virtual Sprint 11:20AM – 11:50AM	Virtual RPM 10:20AM – 10:50AM	Virtual Sprint 11:35AM – 12:05PM	On Demand 12:45PM – 1:45PM
Virtual RPM 12:00PM – 12:30PM	On Demand 11:20AM – 12:20PM	Virtual THE TRIP 12:10PM – 12:55PM	Virtual RPM 11:55PM – 12:45PM	On Demand 10:55AM – 11:55AM	Virtual RPM 12:10PM – 1:00PM	On Demand 1:50PM – 2:50PM
On Demand 12:30PM – 1:15PM	Virtual Sprint 12:25PM – 12:55PM	On Demand 1:00PM – 2:00PM	On Demand 12:50PM – 2:00PM	Virtual Sprint 12:00PM – 12:30PM	On Demand 1:05PM – 2:05PM	
Virtual Sprint 1:40PM – 2:10PM	Virtual RPM 1:00PM – 1:30PM	Virtual Sprint 2:05PM – 2:35PM	Virtual THE TRIP 2:05PM – 2:50PM	Virtual THE TRIP 12:35PM – 1:20PM	Virtual RPM 2:10PM – 2:40PM	
Virtual THE TRIP 2:15PM – 3:00PM	Virtual THE TRIP 1:35PM – 2:20PM	Virtual RPM 2:40PM – 3:30PM	Virtual RPM 2:55PM – 3:25PM	Virtual RPM 1:25PM – 1:55PM	Virtual Sprint 2:45PM – 3:15PM	
Virtual RPM 3:05PM – 3:35PM	On Demand 2:25PM – 3:25PM	Virtual Sprint 3:35PM – 4:05PM	Virtual Sprint 3:30PM – 4:00PM	Virtual Sprint 2:00PM – 2:30PM	Virtual THE TRIP 3:20PM – 4:05PM	
Virtual Sprint 3:40PM – 4:10PM	Virtual Sprint 3:30PM – 4:00PM	Virtual RPM 4:10PM – 4:40PM	On Demand 4:05PM – 5:05PM	Virtual RPM 2:35PM – 3:05PM	Virtual Sprint 4:10PM – 4:40PM	
On Demand 4:15PM – 5:15PM	Virtual RPM 4:05PM – 4:55PM	On Demand 4:40PM – 5:20PM	Virtual RPM 5:10PM – 6:00PM	On Demand 3:10PM – 4:10PM	Virtual RPM 4:45PM – 5:15PM	
Live Studio Cycling 5:30PM – 6:15PM	Live Studio Cycling 5:15PM – 6:00PM	Live Studio Cycling 5:30PM – 6:15PM	Live Studio Cycling 6:15PM – 7:00PM	On Demand 4:15PM – 5:05PM		
Virtual RPM 6:30PM – 7:20PM	On Demand 6:15PM – 7:15PM	On Demand 6:30PM – 7:30PM	On Demand 7:00PM – 9:00PM	Live Studio Cycling 5:15AM – 6:00AM		
On Demand 7:25PM – 8:15PM	Virtual Sprint 7:20PM – 7:50PM	Virtual Sprint 7:45PM – 8:15PM		Virtual THE TRIP 6:15PM – 7:00PM		
Virtual THE TRIP 8:20PM – 9:05PM	Virtual THE TRIP 7:55PM – 8:40PM	Virtual THE TRIP 8:20PM – 9:05PM		Virtual RPM 7:20PM – 7:50PM		
	Virtual RPM 8:45PM – 9:15PM			Virtual THE TRIP 7:55PM – 8:40PM		