

Virtual Cycling Studio Timetable

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