

# Indoor Cycling at Worthing Leisure Centre

## - Studio 2

Day	Time	Classes	Instructor	Symbols
<b>Monday</b>	09:20-10:05	The Trip <b>NEW</b>	Jo M	<b>M</b>
	10:25-11:15	Stages Flight/Freestyle	Mark T	<b>M/H</b>
	17:45-18:30	Freestyle Indoor Cycling	Sally B	<b>M</b>
	18:35-19:20	The Trip <b>NEW</b>	Emily	<b>M</b>
	19:35-20:20	Stages Flight/Freestyle <b>NEW</b>	Sue T	<b>M/H</b>
<b>Tuesday</b>	06:40-07:25	RPM	Sally R	<b>M</b>
	09:20-10:05	Stages Flight/Freestyle <b>NEW</b>	Katie B	<b>M/H</b>
	10:25-11:10	The Trip <b>NEW</b>	Karen T	<b>M</b>
	17:30-18:15	RPM <b>(New Time)</b>	Sally R	<b>M</b>
	18:25-19:10	The Trip <b>NEW</b>	Colin	<b>M</b>
	19:20-19:50	Express Stages Flight <b>NEW</b>	Mark T	<b>M ●</b>
	20:00-20:50	Stages Flight/Freestyle <b>NEW</b>	Mark T	<b>M/H</b>
<b>Wednesday</b>	06:45-07:30	The Trip <b>NEW</b>	Colin	<b>M</b>
	09:20-10:05	RPM	Sally B	<b>M</b>
	10:25-11:10	The Trip <b>NEW</b>	Dave H	<b>M</b>
	17:15-18:00	The Trip <b>NEW</b>	Dave H	<b>M</b>
	18:05-19:05	RPM <b>(New Time)</b>	Sally B	<b>M</b>
	19:10-19:55	Freestyle Indoor Cycling <b>(New Time)</b>	Rick	<b>M/H</b>
<b>Thursday</b>	06:45-07:30	Stages Flight/Freestyle <b>NEW</b>	Sue T	<b>M/H</b>
	09:20-10:05	RPM	Karen T	<b>M</b>
	10:25-11:10	The Trip <b>NEW</b>	Jo M	<b>M</b>
	17:30-18:15	The Trip <b>NEW</b>	Mark J	<b>M</b>
	18:20-19:05	RPM	Sally R	<b>M</b>
	19:30-20:20	Freestyle Indoor Cycling	Simon	<b>M/H</b>
<b>Friday</b>	06:30-07:15	The Trip <b>NEW</b>	Jo M	<b>H</b>
	09:20-10:05	The Trip <b>NEW</b>	Karen T	<b>M</b>
	10:25-10:55	Express Stages Flight/Freestyle <b>NEW</b>	Katie B	<b>M/H ●</b>
	17:30-18:15	Stages Flight/Freestyle <b>NEW</b>	Sue T	<b>M/H</b>
<b>Saturday</b>	07:30-08:15	Stages Flight/Freestyle <b>NEW</b>	Mark J	<b>M/H</b>
	08:25-09:10	The Trip <b>NEW</b>	Mark J	<b>M</b>
	09:15-10:00	RPM <b>(New Time)</b>	Sally R	<b>M</b>
	10:05-10:35	Express Indoor Cycling <b>(New Time)</b>	Sally R	<b>M ●</b>
<b>Sunday</b>	09:05-09:50	Freestyle Indoor Cycling <b>(New Time)</b>	Jordan	<b>M/H</b>
	10:00-10:45	The Trip <b>NEW</b>	Karen T	<b>M</b>

Symbol Guide: **M** Medium fitness level    **H** Hi Energy/Get fit fast    ● 30 min class ideal as a starter class quick fix/bolt on class

