

GROUP CYCLE TIMETABLE

With 68 classes, including 11 that are led by instructors, there has never been as great an offering of Group Cycling classes at Colets!

COACH BY COLOUR - USING F.T.P./TRAINING ZONES TO MAXIMISE PERFORMANCE

GROUP CYCLE - WORK UP A SWEAT IN THIS 45-MINUTE CLASS

MY RIDE COACH - IMMERSIVE ON-SCREEN COACHING TO DELIVER GREAT RESULTS

MY RIDE TOUR - FIERCE WORKOUT WITH SCENIC FOOTAGE FROM AROUND THE WORLD

Length (mins)	MON	TUE	WED	THU	FRI	SAT	SUN		
07:20	-	My Ride Coach 1 (50-mins)	My Ride Coach: Fast Class 1 (35-mins)	My Ride Coach 2 (50-mins)	My Ride Coach: Fast Class 3 (35-mins)	My Ride Coach: Fast Class 4 (35-mins)	-	-	07:20
08:20	45	My Ride Tour 5	My Ride Tour 6	My Ride Tour 7	My Ride Tour 8	My Ride Tour 5	My Ride Tour 6	Group Cycle Cat	08:20
09:20	45	Group Cycle Kathy	My Ride Tour 8	Coach By Colour Sam	Group Cycle Kathy	Group Cycle Sam	Coach By Colour Kathy	My Ride Tour 6	09:20
10:20	60	CLEANING							10:20
11:20	50	Coach By Colour Stefan	My Ride Coach 1	Group Cycle Caroline	My Ride Coach 2	Coach By Colour Stefan	My Ride Coach 1	My Ride Coach 2	11:20
12:20	35	My Ride Tour: Fast Class 1	My Ride Tour: Fast Class 2	My Ride Tour: Fast Class 3	My Ride Tour: Fast Class 4	My Ride Tour: Fast Class 1	My Ride Tour: Fast Class 2	My Ride Tour: Fast Class 4	12:20
13:20	35	My Ride Coach: Fast Class 1	My Ride Coach: Fast Class 2	My Ride Coach: Fast Class 3	My Ride Coach: Fast Class 3	My Ride Coach: Fast Class 1	My Ride Coach: Fast Class 2	My Ride Coach: Fast Class 3	13:20
14:20	45	My Ride Tour 5	My Ride Tour 6	My Ride Tour 8	My Ride Tour 7	My Ride Tour 5	My Ride Tour 6	My Ride Tour 5	14:20
15:20	120	CLEANING							15:20
17:20	35	My Ride Coach: Fast Class 1	My Ride Coach: Fast Class 2	My Ride Coach: Fast Class 3	My Ride Coach: Fast Class 3	My Ride Coach: Fast Class 2	My Ride Coach: Fast Class 1	My Ride Coach: Fast Class 3	17:20
18:20	45	My Ride Tour 5	My Ride Tour 5	My Ride Tour 7	My Ride Tour 6	My Ride Tour 7	My Ride Tour 8	My Ride Tour 6	18:20
19:20	-	Coach By Colour Chris (45-mins)	My Ride Tour: Fast Class 2 (35-Mins)	My Ride Tour: Fast Class 3 (35-mins)	Group Cycle Cat (45-mins)	My Ride Tour: Fast Class 1 (35-mins)	My Ride Tour: Fast Class 4 (35-mins)	My Ride Tour: Fast Class 2 (35-mins)	19:20

Classes must be pre-booked, and can be done so up to a week in advance.
Simply use our online booking portal, or call Reception on 020 8398 7108.