

VIRTUAL CYCLE TIMETABLE

FROM 12TH APRIL 2021

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	
06:35 35	My Ride Coach* Fast Class 3	My Ride Tour* Fast Class 2	My Ride Coach* Fast Class 4	My Ride Tour* Fast Class 8	My Ride Coach* Fast Class 3	-	-	06:35
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*		08:20
09:20 45	My Ride Tour 5*	My Ride Tour 8*	My Ride Tour 7*	My Ride Tour 6*	My Ride Tour 5*	My Ride Coach 1*	My Ride Tour 6*	09:20
10:20 60	CLEANING							10:20
11:20 50	My Ride Coach 4*	My Ride Coach 1*	My Ride Coach 3*	My Ride Coach 2*	My Ride Coach 1*	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 4	My Ride Coach:* Fast Class 1	My Ride Coach:* Fast Class 3	17:20
18:20 45-50	My Ride Tour 8	My Ride Tour 5	My Ride Tour 2	My Ride Tour 6	My Ride Tour 4*	My Ride Tour 8*	My Ride Tour 6*	18:20
19:20 -	My Ride Coach 4*	My Ride Coach 1*	My Ride Tour: Fast Class 3 (35-mins)	My Ride Tour 6	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.

*Can be booked by 14-17 members.

Simply use our online booking portal, or call Reception on 020 8398 7108.

