

CYCLE TIMETABLE

FROM 1ST OCTOBER 2021

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

DRILLS || NEW TO OUR TIMETABLE, **DRILLS** ARE ADDED ON TO THE END OF SOME OF OUR CLASSES. THESE ARE TO HELP IMPROVE YOUR SPEED, STRENGTH OR STAMINA (DEPENDING ON THE SESSION. THERE WILL BE A 5-MINUTE BREAK BEFORE THE DRILLS START - MEMBERS ARE ENCOURAGED TO KEEP THEIR LEGS MOVING TO REDUCE ANY RISK OF INJURY.)

| Length (mins) | MON | TUE | WED | THU | FRI | SAT | SUN | |
|---------------|---|--|---|---|--|---|--|-------|
| 06:35 | 35 My Ride Tour* Fast Class 1 | My Ride Tour* Fast Class 5 | My Ride Coach* Fast Class 2 | My Ride Tour* Fast Class 6 | My Ride Coach* Fast Class 3 | - | - | 06:35 |
| 18 | Drills (18 mins) True Grit - Endurance | | Drills (18 mins) All That Jazz - Endurance | | Drills (18 mins) Iron Man - Strength | | | |
| 07:20 | - | My Ride Coach 4* (50-mins) | - | My Ride Tour 3* (55-mins) | - | - | - | 07:20 |
| 08:20 | 45 My Ride Tour 6* | My Ride Tour 8* | My Ride Tour 5* | My Ride Tour 6* | My Ride Tour 7* | My Ride Tour 8* | 09:00 GROUP CYCLE Cat (45-mins) | 08:20 |
| 09:20 | 45 GROUP CYCLE Kathy | My Ride Tour 6* | GROUP CYCLE Sam | GROUP CYCLE Kathy | GROUP CYCLE Sam | COACH BY COLOUR Kathy | | 09:20 |
| | | Drills (18 mins) Fast & Furious - Speed | | | | | | |
| 10:20 | 60 | | | CLEANING | | | | 10:20 |
| 11:20 | 50 COACH BY COLOUR Stefan | My Ride Coach 4* | My Ride Coach 1* | My Ride Coach 3* | COACH BY COLOUR Stefan | My Ride Coach* Fast Class 1 (32-mins) | My Ride Coach Fast Class 2 (32-mins)* | 11:20 |
| | - | - | - | - | - | Drills (18-mins) Driller Killer - Strength | Drills (18-mins) Fight Club - Endurance | |
| 12:20 | 35 My Ride Tour* Fast Class 1 | My Ride Coach* Fast Class 1 | My Ride Tour* Fast Class 3 | My Ride Coach* Fast Class 2 | My Ride Tour* Fast Class 1 | - | - | 12:20 |
| 13:20 | 35 My Ride Coach* Fast Class 2 | My Ride Tour* Fast Class 4 | My Ride Coach* Fast Class 3 | My Ride Tour* Fast Class 2 | My Ride Coach* Fast Class 3 | My Ride Coach* Fast Class 2 | My Ride Coach* Fast Class 3 | 13:20 |
| | Drills (18-mins) Gone in 60 Seconds - Speed | - | Drills (18-mins) Running Man - Speed | - | Drills (18-mins) Armageddon - Speed | - | - | |
| 14:20 | 45 - | My Ride Tour 6* | - | My Ride Coach 7* | - | My Ride Tour 6* | My Ride Tour 5* | 14:20 |
| 15:20 | 120 | | | CLEANING | | | | 15:20 |
| 17:20 | 35 My Ride Tour* Fast Class 5 | My Ride Coach* Fast Class 4 | My Ride Tour* Fast Class 4 | My Ride Coach* Fast Class 3 | My Ride Coach* Fast Class 2 | My Ride Coach* Fast Class 2 | My Ride Coach 1* (50-mins) | 17:20 |
| | - | - | - | - | - | Drills (18-mins) Gladiator - Strength | Drills (18-mins) Green Zone - Endurance | |
| 18:20 | 45-50 My Ride Tour 5 | My Ride Coach 2 | My Ride Tour 7 | GROUP CYCLE Julia | My Ride Coach 4* | - | - | 18:20 |
| | - | - | - | - | Drills (18-mins) Grindhouse - Strength | - | - | |
| 19:20 | - COACH BY COLOUR Chris M (45-mins) | GROUP CYCLE Katherine (45-mins) | COLETS WINTER TRAINING SERIES | My Ride Coach 2: (52-mins) | - | My Ride Coach* Fast Class 4 (35-mins) | My Ride Tour* Fast Class 2 (35-mins) | 19:20 |
| | - | - | | Drills (18-mins) True Grit - Endurance | - | - | - | - |
| 20:20 | 45 My Ride Coach Fast Class 2 (32-mins) | My Ride Tour 6 | 19:00-20:30 WITH STEFAN | - | My Ride Coach 1* | - | - | 20:20 |
| 21:20 | 35 Drills (18-mins) Driller Killer - Strength | My Ride Tour Fast Class 2 | | - | Drills (18 mins) Fast & Furious - Speed | - | - | 21:20 |



Classes can be pre-booked, up to a week in advance.

*Bookable by 14-17 members.

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

