

# Group Fitness

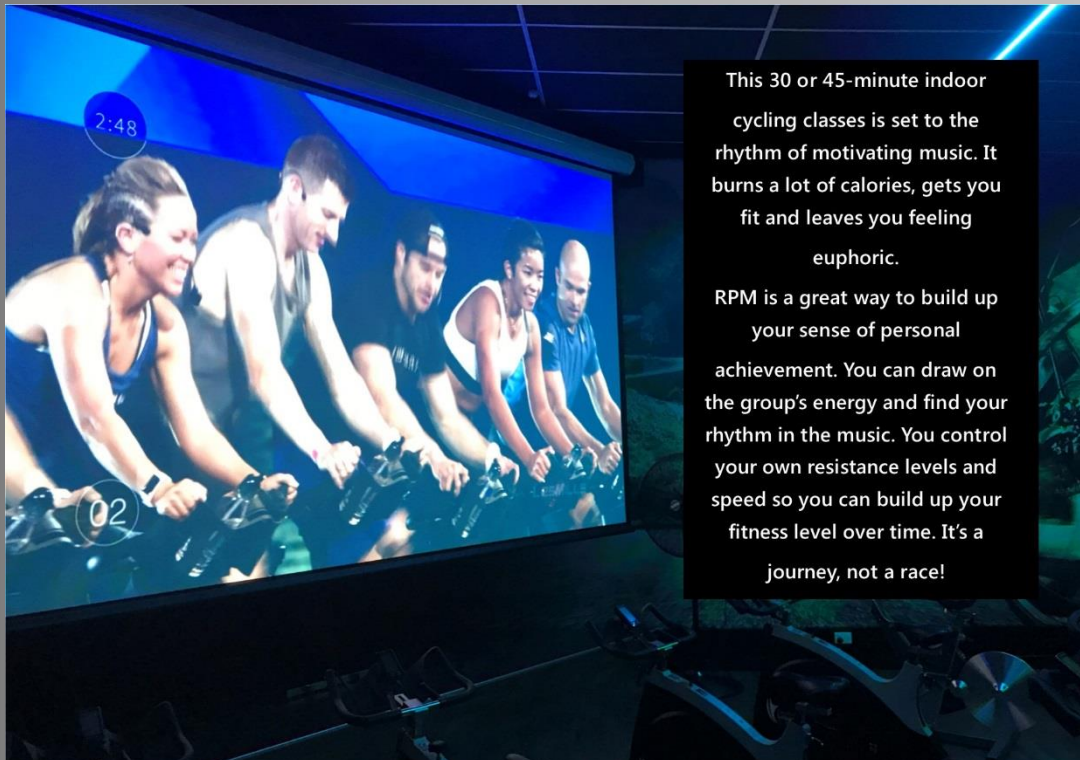
## Virtual RPM Timetable



Complimentary for Full and Group Fitness members. Casual passes available.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>LES MILLS RPM VIRTUAL</b> 6.05am-6.50am		<b>LES MILLS RPM VIRTUAL</b> 6.05am-6.50am		<b>LES MILLS RPM VIRTUAL</b> 6.05am-6.50am	<b>LES MILLS RPM VIRTUAL</b> 11.30am-12.15pm	<b>LES MILLS RPM VIRTUAL</b> 10.30am-11.15am
<b>LES MILLS RPM VIRTUAL</b> Express 12.15pm-12.45pm	<b>LES MILLS RPM VIRTUAL</b> 12.15pm – 1.00pm	<b>LES MILLS RPM VIRTUAL</b> Express 12.15pm-12.45pm	<b>LES MILLS RPM VIRTUAL</b> 12.15pm – 1.00pm	<b>LES MILLS RPM VIRTUAL</b> Express 12.15pm-12.45pm		
	<b>LES MILLS RPM VIRTUAL</b> 5.30pm-6.15pm		<b>LES MILLS RPM VIRTUAL</b> 5.30pm-6.15pm			

On demand is available during center opening hours. If the spin room is available you can request a time with reception.



This 30 or 45-minute indoor cycling classes is set to the rhythm of motivating music. It burns a lot of calories, gets you fit and leaves you feeling euphoric.

RPM is a great way to build up your sense of personal achievement. You can draw on the group's energy and find your rhythm in the music. You control your own resistance levels and speed so you can build up your fitness level over time. It's a journey, not a race!

**Important.** Please arrive 10 minutes prior to class starting times to allow for set-up. There is strictly no admittance to class after commencement for safety reasons. As a courtesy to the class, do not leave until the class has finished.