

VIRTUAL CYCLE TIMETABLE NO. 5

Monday 17th December to
Thursday 28th February 2019

CYCLE STUDIO

MON	TUE	WED	THU	FRI	SAT	SUN
6.15am Revolution 9	7.30am Revolution 23 ●	6.30am Revolution 10	7.30am Do as you're Told	6.15am The Omnium	7.00am Revolution 29	7.30am Revolution 21 ●
10.30am Revolution 9	10.30am Revolution 11	8.00am Revolution 23 ●	10.30am Revolution 23 ●	10.30am Revolution 21 ●	9.30am Revolution 18 ●	12.30pm Revolution 23 ●
1.00pm Revolution 25 ●	12.00pm Revolution 21 ●	10.30am Revolution 21 ●	1.00pm Revolution 18 ●	12.30pm Revolution 26 ●	12.30pm Revolution 18 ●	2.00pm Revolution 23
3.00pm Revolution 26 ●	1.00pm Revolution 19 ●	1.00pm Revolution 23 ●	3.00pm Revolution 25 ●	1.30pm Revolution 24 ●	2.00pm Revolution 21 ●	3.00pm Revolution 28 ●
4.00pm Revolution 27 ●	4.00pm Revolution 18	3.00pm Do as you're Told	4.00pm Revolution 10	2.30pm Do as you're Told	3.00pm Revolution 29	4.00pm Revolution 24
5.30pm Revolution 19 ●	8.00pm Revolution 19 ●	4.30pm Revolution 18 ●	7.30pm Revolution 22 ●	4.30pm Revolution 18 ●	4.00pm Revolution 27	5.30pm Revolution 24
8.00pm Revolution 21 ●		5.30pm Revolution 23 ●	8.30pm Revolution 18 ●	5.30pm Revolution 9	5.30pm Revolution 29	6.30pm Revolution 23 ●
		8.00pm Revolution 26 ●				

● 30 min class

INTRODUCTION TO VIRTUAL CYCLE

Please read this guide before commencing a Virtual class.

- Virtual classes are not supervised by a member of staff. They are scheduled to commence automatically according to this timetable.
- By participating in virtual classes, you are doing so at your own risk and are responsible for your own health and safety. Patrons who are pregnant should seek medical advice before participating in any class and be able to make modifications to their workout where necessary. Not all virtual workouts will be appropriate for pregnancy and not all classes will offer options for pregnancy.
- Arrive in time to start the class from the beginning and avoid joining a class part way through. Respect other patrons who may also be participating in the class.
- Appropriate clothing and footwear should be worn to all workouts. Our staff have the right to ask you to return at another time if your attire is not deemed safe.
- Staff will monitor the rooms at regular intervals throughout the day when virtual classes are running. There is a **RED** duress button installed in the cycle studio—please press in an **EMERGENCY** to alert staff that assistance is required.
- **Please make sure you get a ticket from the group fitness kiosk for the class and place it in the box provided.**
- Fan switches and light switches are labelled in each studio and can be used where necessary.
- The projector screen should already be down prior to the class starting and the class should commence automatically. If this is not the case, please find a staff member to help you.

CYCLE CLASS DESCRIPTIONS

Revolution - 30 and 45 minute format

Revolution cycling programs are tailor-made for anyone who can ride a bike. Ride over hills, sprint in the flats, break away from the peleton and do interval training. Revolution matches proven riding principles and music to resistance levels, riding speeds and positions to maximise cardio training while having fun.

The Omnium - 50 mins

Over the course of 50 minutes, you'll do battle with the world's elite track racers as you take on the six different races which make up the Omnium competition. From the agony of the Kilometre to the frantic stress of the Points Race, you'll need to dig deep into every corner of your COURAGE for this one.

Do as you're Told - 45 mins

Work your top-end speed with two sets of matching and inverse intervals ranging in length from 10 seconds to 1 minute. Featuring footage from the gravel roads of Italy's Strade Bianche and the cobbled classic, the Tour of Flanders.

