

# VIRTUAL CYCLE TIMETABLE NO. 6

Monday 4th March to  
Tuesday 30th April 2019

## CYCLE STUDIO

MON	TUE	WED	THU	FRI	SAT	SUN
<b>6.15am</b> Revolution 10	<b>7.30am</b> Revolution 25 ●	<b>6.30am</b> Revolution 23	<b>7.30am</b> Revolution 18 ●	<b>6.15am</b> Revolution 23	<b>7.00am</b> Revolution 10	<b>7.30am</b> Do as you're Told
<b>10.30am</b> Revolution 10	<b>10.30am</b> Revolution 21	<b>8.00am</b> Revolution 25 ●	<b>10.30am</b> Revolution 26 ●	<b>10.30am</b> Revolution 26 ●	<b>9.30am</b> Revolution 23 ●	<b>12.30pm</b> Revolution 19 ●
<b>1.00pm</b> Revolution 22 ●	<b>12.00pm</b> Revolution 23 ●	<b>10.30am</b> Revolution 22 ●	<b>1.00pm</b> Revolution 23 ●	<b>12.30pm</b> Revolution 18 ●	<b>12.30pm</b> The Omnium	<b>2.00pm</b> Revolution 26
<b>3.00pm</b> Revolution 18 ●	<b>1.00pm</b> Revolution 23 ●	<b>1.00pm</b> Revolution 25 ●	<b>3.00pm</b> Revolution 21 ●	<b>1.30pm</b> Revolution 29 ●	<b>2.00pm</b> Revolution 27	<b>3.00pm</b> Revolution 22
<b>4.00pm</b> Revolution 19 ●	<b>4.00pm</b> Revolution 26	<b>3.00pm</b> Revolution 23	<b>4.00pm</b> Revolution 27	<b>2.30pm</b> Revolution 18	<b>3.00pm</b> The Omnium	<b>4.15pm</b> The Omnium
<b>5.30pm</b> Revolution 21 ●	<b>8.00pm</b> Revolution 22 ●	<b>4.30pm</b> Revolution 26 ●	<b>7.30pm</b> Revolution 25 ●	<b>4.30pm</b> The Omnium	<b>4.00pm</b> Revolution 11	<b>5.30pm</b> Revolution 21
<b>8.00pm</b> Revolution 25 ●		<b>5.30pm</b> Revolution 19 ●	<b>8.30pm</b> Revolution 10 ●	<b>5.30pm</b> Revolution 11	<b>5.30pm</b> Revolution 21 ●	<b>6.35pm</b> Revolution 26 ●
		<b>8.00pm</b> 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.

