

CLASS TIMETABLE IMMERSIVE CYCLE STUDIO



PREMIER HEALTH CLUB

Opening Times

Monday - Thursday: 6.30 am - 9.00 pm • Friday: 6.30 am - 8.00 pm
Saturday & Sunday: 8.00 am - 6.00 pm

TIME	CLASS	INSTRUCTOR	LOCATION
MONDAY			
0645-0715	Les Mills Sprint	Nick	Immersive Cycling Studio
0915-1000	Les Mills The Trip	Claire	Immersive Cycling Studio
1215-1300	Private Class	-	Immersive Cycling Studio
1800-1850	Les Mills RPM	Dave	Immersive Cycling Studio
1905-1950	Les Mills The Trip	Isobel	Immersive Cycling Studio
TUESDAY			
0645-0730	Les Mills The Trip	Elinora	Immersive Cycling Studio
0915-1000	Les Mills The Trip	Niall	Immersive Cycling Studio
1800-1830	Les Mills Sprint	Dave	Immersive Cycling Studio
1845-1930	Private Class	-	Immersive Cycling Studio
WEDNESDAY			
0645-0735	Les Mills RPM	Elinora	Immersive Cycling Studio
1215-1300	Les Mills The Trip	Claire	Immersive Cycling Studio
1800-1850	Les Mills RPM	Serena	Immersive Cycling Studio
1915-2000	Private Class	-	Immersive Cycling Studio
THURSDAY			
0645-0730	Les Mills The Trip	Elinora	Immersive Cycling Studio
1800-1850	Les Mills RPM	Nick	Immersive Cycling Studio
1905-1950	Les Mills The Trip	Dave	Immersive Cycling Studio
FRIDAY			
0645-0735	Les Mills RPM	Nick	Immersive Cycling Studio
0915-1000	Les Mills The Trip	Niall	Immersive Cycling Studio
1215-1300	Private Class	-	Immersive Cycling Studio
1730-1800	Les Mills Sprint	Dave	Immersive Cycling Studio
1815-1900	Les Mills The Trip	Serena	Immersive Cycling Studio
SATURDAY			
0815-0905	Les Mills RPM	Dave	Immersive Cycling Studio
0920-1005	Les Mills The Trip	Nick	Immersive Cycling Studio
1020-1105	Private Class	-	Immersive Cycling Studio
1600-1645	Les Mills The Trip	Elinora	Immersive Cycling Studio
SUNDAY			
0815-0905	Les Mills RPM	Serena	Immersive Cycling Studio
0920-1005	Les Mills The Trip	Serena	Immersive Cycling Studio

WARNING: Strobe lighting, flashing images and flashing video content is played regularly within the Immersive Cycling Studio which may affect people who are susceptible to photosensitive epilepsy or other photo sensitivities. Viewer discretion is advised.



IMMERSIVE CYCLING STUDIO ETIQUETTE

- Please wear suitable footwear and clothing and bring a water bottle and towel.
- Please arrive at least 10 minutes prior to the class to ensure your bike is set up correctly.
- If you are unsure how to use any of the equipment, please ask a member of staff.
- Entrance to the Immersive Cycling Studio after a session has begun will be denied by the Fitness Class Instructor. Please advise the instructor if you have not participated in the class before.
- If you are pregnant or affected by any medical conditions or injuries, please advise the instructor on arrival.
- Please use a towel on surfaces when exercising and use the wipes provided to clean down the bikes after use.
- The use of mobile phones during classes is strictly prohibited in the Immersive Cycling Studio.
- No bags are permitted in the Immersive Cycling Studio.
- Use of the Immersive Cycling Studio is entirely at the user's own risk.

BOOKING INFORMATION

- The Trip, RPM and Sprint classes are free to Kings members.
- Marina members can also attend group fitness classes for free between 12-2pm and between 1-6pm at weekends under the Kings access agreement. Outside of these times non-member rates apply.
- Non-members can purchase class passes for the Trip at the introductory rate of £20.00 per class.
- Non-members can purchase class passes for RPM and Sprint for £15.00 per class.
- Once purchased, class passes can be used to book via the Kings App, or by calling reception.
- Bookings can be made up to 7 days in advance via the Kings App, or by calling reception on:

01481 723366 or email: info@kings.gg

Kings Premier Health Club, Kings Road, St Peter Port,
Guernsey, GY1 1QF.

www.kings.gg

Join us on...



@kingsguernsey
#immersivefitness



kings.gg/thetrip