

| TIME | CLASS | INSTRUCTOR | LOCATION |
|---------------|--------------------|------------|--------------------------|
| MONDAY | | | |
| 0605-0650 | Les Mills The Trip | Tracy | Immersive Cycling Studio |
| 0700-0730 | Les Mills Sprint | Isobel | Immersive Cycling Studio |
| 0800-0845 | Les Mills The Trip | Virtual | Immersive Cycling Studio |
| 0915-1000 | Les Mills The Trip | Claire | Immersive Cycling Studio |
| 1015-1100 | Les Mills The Trip | Virtual | Immersive Cycling Studio |
| 1215-1245 | Les Mills Sprint | Virtual | Immersive Cycling Studio |
| 1400-1445 | Les Mills The Trip | Virtual | Immersive Cycling Studio |
| 1615-1700 | Les Mills The Trip | Virtual | Immersive Cycling Studio |
| 1800-1850 | Les Mills RPM | Dave | Immersive Cycling Studio |
| 1855-1940 | Les Mills The Trip | Isobel | Immersive Cycling Studio |

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| TUESDAY | | | |
| 0615-0705 | Les Mills RPM | Serena | Immersive Cycling Studio |
| 0715-0800 | Less Mills The Trip | Virtual | Immersive Cycling Studio |
| 0915-1000 | Les Mills The Trip | Dave | Immersive Cycling Studio |
| 1230-1315 | Les Mills The Trip | Virtual | Immersive Cycling Studio |
| 1400-1445 | Les Mills The Trip | Virtual | Immersive Cycling Studio |
| 1615-1645 | Les Mills Sprint | Virtual | Immersive Cycling Studio |
| 1800-1830 | Les Mills Sprint | Dave | Immersive Cycling Studio |
| 1845-1935 | Les Mills RPM | Virtual | Immersive Cycling Studio |
| 2000-2045 | Les Mills The Trip | Virtual | Immersive Cycling Studio |

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| WEDNESDAY | | | |
| 0605-0635 | Les Mills Sprint | Virtual | Immersive Cycling Studio |
| 0645-0730 | Les Mills The Trip | Isobel | Immersive Cycling Studio |
| 0800-0845 | Les Mills The Trip | Liz | Immersive Cycling Studio |
| 0915-0945 | Les Mills Sprint | Virtual | Immersive Cycling Studio |
| 1215-1300 | Les Mills The Trip | Virtual | Immersive Cycling Studio |
| 1400-1445 | Les Mills The Trip | Virtual | Immersive Cycling Studio |
| 1615-1645 | Les Mills Sprint | Virtual | Immersive Cycling Studio |
| 1715-1800 | Les Mills The Trip | Tracy | Immersive Cycling Studio |
| 1815-1845 | Les Mills Sprint | Jo | Immersive Cycling Studio |
| 1900-1945 | Les Mills The Trip | Dave | Immersive Cycling Studio |

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| THURSDAY | | | |
| 0610-0655 | Les Mills The Trip | Tracy | Immersive Cycling Studio |
| 0730-0800 | Les Mills Sprint | Virtual | Immersive Cycling Studio |
| 1215-1300 | Les Mills The Trip | Dave | Immersive Cycling Studio |
| 1400-1445 | Les Mills The Trip | Virtual | Immersive Cycling Studio |
| 1615-1700 | Les Mills The Trip | Virtual | Immersive Cycling Studio |
| 1800-1850 | Les Mills The Trip | Dani | Immersive Cycling Studio |

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| FRIDAY | | | |
| 0630-0720 | Les Mills RPM | Serena | Immersive Cycling Studio |
| 0730-0815 | Les Mills The Trip | Virtual | Immersive Cycling Studio |
| 0915-1000 | Les Mills The Trip | Dave | Immersive Cycling Studio |
| 1215-1300 | Les Mills The Trip | Claire | Immersive Cycling Studio |
| 1400-1445 | Les Mills The Trip | Virtual | Immersive Cycling Studio |
| 1730-1800 | Les Mills Sprint | Dave | Immersive Cycling Studio |
| 1815-1900 | Les Mills The Trip | Virtual | Immersive Cycling Studio |

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| SATURDAY | | | |
| 0815-0905 | Les Mills RPM | Dave | Immersive Cycling Studio |
| 0915-1000 | Les Mills The Trip | Serena | Immersive Cycling Studio |
| 1015-1100 | Les Mills The Trip | Tracy | Immersive Cycling Studio |
| 1115-1200 | Les Mills The Trip | Virtual | Immersive Cycling Studio |
| 1600-1645 | Les Mills The Trip | Virtual | Immersive Cycling Studio |

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| SUNDAY | | | |
| 0815-0905 | Les Mills RPM | Virtual | Immersive Cycling Studio |
| 0915-1000 | Les Mills The Trip | Liz | Immersive Cycling Studio |
| 1015-1100 | Les Mills The Trip | Virtual | Immersive Cycling Studio |
| 1115-1200 | Les Mills The Trip | Virtual | Immersive Cycling Studio |
| 1300-1345 | Les Mills The Trip | Virtual | Immersive Cycling Studio |
| 1415-1445 | Les Mills Sprint | Virtual | 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.