

Places Gym Sheffield

Indoor Cycle Class Timetable



Monday

06:15 - 06:45 **Instructor lead Cycle**
08:15 - 08:45 Virtual Cycle sprint ®
09:45 - 10:15 Virtual Cycle sprint ®
12:00 - 12:30 Virtual Cycle RPM ®
15:30 - 16:00 Virtual Cycle Sprint ®
17:00 - 17:30 Virtual Cycle Sprint ®
18:15 - 19:00 **Instructor lead Cycle**
19:15 - 20:00 Virtual Cycle **The Trip** ®

Tuesday

06:30 - 07:15 Virtual Cycle RPM ®
07:45 - 08:15 Virtual Cycle Sprint ®
08:45 - 9:30 Virtual Cycle **The Trip** ®
09:45 - 10:15 Virtual Cycle Sprint ®
10:45 - 11:30 Virtual Cycle RPM ®
12:30 - 13:00 Virtual Cycle RPM ®
15:30 - 16:00 Virtual Cycle Sprint ®
17:00 - 17:30 Virtual Cycle Sprint ®
18:15 - 19:00 **Instructor lead Cycle**
20:00 - 20:45 Virtual Cycle RPM ®

Wednesday

06:15 - 06:45 **Instructor lead Cycle**
08:30 - 09:00 Virtual Cycle RPM ®
09:30 - 10:15 Virtual Cycle RPM ®
10:30 - 11:15 Virtual Cycle **The Trip** ®
12:30 - 13:00 Virtual Cycle RPM ®
15:30 - 16:00 Virtual Cycle RPM ®
17:30 - 18:00 Virtual cycle Sprint ®
18:15 - 19:00 **Instructor lead Cycle**
19:45 - 20:30 Virtual Cycle RPM ®

Thursday

06:15 - 07:00 Virtual Cycle **'The Trip'** ®
07:30 - 08:15 Virtual RPM Cycle ®
08:30 - 09:00 Virtual Cycle RPM ®
09:45 - 10:30 Virtual Cycle **'The Trip'** ®
15:15 - 15:45 Virtual Cycle Sprint ®
16:15 - 17:00 Virtual Cycle **'The Trip'** ®
17:15 - 17:45 Virtual Cycle Sprint ®
19:30 - 20:15 Virtual Cycle **'The Trip'** ®

Friday

06:30 - 07:00 Virtual Cycle RPM ®
07:15 - 07:45 Virtual Cycle Sprint ®
08:30 - 09:00 Virtual Cycle RPM ®
09:30 - 10:15 **Instructor lead Cycle**
11:00 - 11:45 Virtual Cycle RPM ®
12:30 - 13:00 Virtual Cycle **'The Trip'** ®
15:15 - 15:45 Virtual Cycle Sprint ®
16:00 - 16:45 Virtual Cycle RPM ®
17:15 - 17:45 Virtual Cycle sprint ®
18:15 - 18:45 Virtual Cycle Sprint ®
19:30 - 20:00 Virtual Cycle Sprint ®

Saturday

08:15 - 08:45 Virtual Cycle RPM ®
09:30 - 10:15 **Instructor lead Cycle**
11:30 - 12:15 Virtual Cycle RPM ®
13:30 - 14:00 Virtual Cycle Sprint ®

Sunday

08:15 - 08:45 Virtual Cycle RPM ®
09:15 - 09:45 Virtual Cycle Sprint ®
10:00 - 10:45 **Instructor lead Cycle**
11:30 - 12:15 Virtual Cycle **'The Trip'** ®

Book classes online, via the app, in
Club or give us a call.

placesgym.org