

# Places Gym Sheffield



Part of Places for People

## 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 ®  
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 ®  
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**  
12:30 - 13:00 Virtual Cycle **'The Trip'** ®  
16:00 - 16:45 Virtual Cycle RPM ®  
17:15 - 17:45 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](http://placesgym.org)