

LesMills Virtual Spin Class Timetable

	Time	Class Type	Intensity
Monday	07:20 – 08:10	RPM 91	50 mins Traditional Spin
	08:30 – 09:15	The Trip	45 mins Multi-Peak Climb
	11:15 – 11:45	Sprint 25	30 mins HIIT Based Spin
	12:00 – 12:50	RPM 89	50 mins Traditional Spin
	17:15 – 18:05	RPM 92	50 mins Traditional Spin
Tuesday	07:30 – 08:20	RPM 91	50 mins Traditional Spin
	11:30 – 12:00	Sprint 20	30 mins HIIT Based Spin
	16:30 – 17:20	RPM 1	50 mins Traditional Spin
	17:30 – 18:00	Sprint 1	30 mins HIIT Based Spin
	18:30 – 19:00	RPM 88	30 mins Traditional Spin
Wednesday	07:15 – 07:45	Sprint 20	30 mins HIIT Based Spin
	11:00 – 11:30	Beginners RPM	30 mins Beginners Spin
	12:00 – 12:50	RPM 86	50 mins Traditional Spin
	16:15 – 16:45	RPM 92	30 mins Traditional Spin
	17:00 – 17:30	Sprint 24	30 mins HIIT Based Spin
Thursday	07:15 – 07:45	Sprint 22	30 mins HIIT Based Spin
	08:00 – 08:45	The Trip	45 mins Multi-Peak Climb
	11:30 – 12:00	Sprint 23	30 mins HIIT Based Spin
	16:30 – 17:00	Sprint 25	30 mins HIIT Based Spin
	17:15 – 18:05	RPM 92	50 mins Traditional Spin
	18:30 – 19:15	Sprint 19	30 mins HIIT Based Spin
Friday	07:45 – 08:15	Sprint 20	30 mins HIIT Based Spin
	11:15 – 11:45	Beginners RPM	30 mins Beginners Spin
	12:00 – 12:30	Sprint 19	30 mins HIIT Based Spin
	16:00 – 16:50	RPM 92	50 mins Traditional Spin
	17:15 – 18:00	The Trip	45 mins Multi-Peak Climb
Saturday	10:00 – 10:30	Beginners RPM	30 mins Beginners Spin
	11:30 – 12:00	Sprint 20	30 mins HIIT Based Spin
	15:00 – 15:50	RPM 90	50 mins Traditional Spin
Sunday	09:30 – 10:00	Sprint 21	30 mins HIIT Based Spin
	10:30 – 11:20	RPM 1	50 mins Traditional Spin

LES MILLS

Class Description

RPM: A 30 or 50 min indoor cycle class set to motivational music. Burn calories, get fit and feel euphoric. With great music pumping and the atmosphere of cycling in a large group, your instructor takes you on a journey consisting of hill climbs, sprints and flat riding. RPM is a great way to build up your sense of achievement. You control your resistance levels and speed so you can improve your fitness level at your pace. It's a journey, not a race!

Sprint: A 30 min High-Intensity Interval Training (HIIT) workout, using out MyZone indoor spin bikes to achieve results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. Combine bursts of speed and power, where you work as hard as possible, with periods of rest to help prepare for the next effort. What's the payoff? Smash your fitness goals, FAST!

The Trip: A fully immersive workout experience that combines a 40 mins multi-peak cycling workout with a journey through a variety of incredible digital courses. With its incredible detail and specially designed sound tracks, with IMMERSIVE FITNESS™ workout takes motivation and energy output to the next level, burning serious calories. Get lost in fitness experience.

Virtual Class Exercise Policy

Class Etiquette

- Water is essential for all classes.
- Any illness, injuries and pregnancies should be reported to a member of staff prior to the start of the class.
- All classes must be booked via the 1Life app or at Reception.
- Members must clean down all equipment after the class has taken place.
- No Bags or coats are to be allowed in the studios due to them being a trip hazard.
- Footwear is to be worn on route to and from classes at all times.

Cancellation Policy

- Upon arrival, register your attendance at reception. Failure to do this could result in your space being allocated to a member on the waiting list.
- Attendance at reception after the class has started will result in your space being allocated to an available member on the waiting list
- If you cannot make a class, please cancel your reservation at the earliest opportunity. You can do this online www.meadhurst.co.uk, via the 1Life app, by emailing reception@meadhurstreception@1life.co.uk or by calling 01932 763500
- Failure to cancel your class reservation will result in a cautionary email to notify you to do so on the next occasion. If a failure to cancel a class reservation occurs three times then this will lead to your account being blocked from booking onto a class for a period of one week.