

My Ride Studio Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.15-7.00 Virtual Coach FAST CLASS	6.30-7.15 Virtual Coach FAST CLASS	6.30-7.15 Virtual Coach FAST CLASS	6.30-7.15 Virtual Coach FAST CLASS	6.30-7.15 Virtual Coach FAST CLASS		
7.15-8.00 Virtual Coach FAST CLASS	7.30-8.15 Virtual Coach FAST CLASS	7.30-8.15 Virtual Coach FAST CLASS	7.30-8.15 Virtual Coach FAST CLASS	7.30-8.15 Virtual Coach FAST CLASS		
	8.30-9.30 Tour CLASS	8.30-9.15 Instructor Class Daren	8.30-9.15 Instructor Class Daren	8.30-9.30 Tour CLASS		
9.45-10.40 Virtual Coach CLASS	9.45-10.40 Tour CLASS	9.45-10.40 Virtual Coach CLASS	9.45-10.40 Tour CLASS	9.45-10.40 Virtual Coach CLASS	9.15-10.00 Instructor Class Daren	9.15-10.00 Instructor Class Daren
10.45-11.40 Tour CLASS	10.45-11.40 Virtual Coach CLASS	10.45-11.20 Tour FAST CLASS	10.45-11.40 Virtual Coach CLASS	10.45-11.40 Tour CLASS	10.15-11.10 Tour CLASS	10.15-11.10 Tour CLASS
12.15-12.30 HIIT DRILLS	12.15-12.30 HIIT Drills	11.30-12.15 Instructor Class Nisha	12.15-12.30 HIIT Drills	12.15-12.30 HIIT Drills	12.15-12.45 Virtual Coach FAST CLASS	12.15-12.45 Virtual Coach FAST CLASS
13.15-13.30 HIIT DRILLS	13.15-13.30 HIIT DRILLS	13.15-13.30 HIIT DRILLS	13.15-13.30 HIIT DRILLS	13.15-13.30 HIIT DRILLS		
17.00-18.00 Tour CLASS	17.00-18.00 Tour CLASS	17.00-18.00 Tour CLASS	17.00-18.00 Tour CLASS	17.00-18.00 Tour CLASS	17.00-18.00 Tour CLASS	17.00-18.00 Tour CLASS
18.15-18.50 Virtual Coach FAST CLASS	18.15-18.50 Virtual Coach FAST CLASS	18.15-18.50 Virtual Coach FAST CLASS	18.15-18.50 Virtual Class FAST CLASS	18.00-18.45 Virtual Class FAST CLASS		
19.00-19.45 Instructor Class Daren	19.00-20.00 Virtual Coach CLASS	19.00-20.00 Virtual Coach CLASS	19.30-20.15 Instructor Class Nisha	19.00-20.00 Virtual Coach CLASS		
20.15-21.15 Tour Class CLASS	20.15-21.15 Tour Class CLASS	20.15-21.15 Tour Class CLASS	20.30-21.15 Tour Class CLASS	20.15-21.15 Tour Class CLASS		

All classes will start promptly. Members are advised to arrive 10 minutes prior to set up their bikes.