

YMCA ROMFORD INDOOR CYCLING CLASS TIMETABLE

AVAILABLE FROM MONDAY 12TH APRIL - SUNDAY 16TH MAY 2021

PARTICIPATION IS INDIVIDUALLY OR WITH HOUSEHOLD MEMBERS ONLY; UP TO 4 PEOPLE MAX

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	RPM ROOM						
7.00	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual		
8.00	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual
9.00	Les Mills sprint 30 mins Virtual	Les Mills sprint 30 mins Virtual	Les Mills sprint 30 mins Virtual	Les Mills sprint 30 mins Virtual	Les Mills sprint 30 mins Virtual	Les Mills sprint 30 mins Virtual	Les Mills sprint 30 mins Virtual
10.00	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual
11.00	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual
12.00	Les Mills sprint 30 mins Virtual	Les Mills sprint 30 mins Virtual	Les Mills sprint 30 mins Virtual	Les Mills sprint 30 mins Virtual	Les Mills sprint 30 mins Virtual	Les Mills sprint 30 mins Virtual	Les Mills sprint 30 mins Virtual
13.00	Les Mills sprint 30 mins Virtual	Les Mills sprint 30 mins Virtual	Les Mills sprint 30 mins Virtual	Les Mills sprint 30 mins Virtual	Les Mills sprint 30 mins Virtual	Les Mills sprint 30 mins Virtual	Les Mills sprint 30 mins Virtual
14.00	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual		
15.00	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual		
16.00	Les Mills sprint 30 mins Virtual	Les Mills sprint 30 mins Virtual	Les Mills sprint 30 mins Virtual	Les Mills sprint 30 mins Virtual	Les Mills sprint 30 mins Virtual		
17.00	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual		
18.00	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual		
19.00	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual	Les Mills RPM 50 mins Virtual		
20.00	Les Mills sprint 30 mins Virtual	Les Mills sprint 30 mins Virtual	Les Mills sprint 30 mins Virtual	Les Mills sprint 30 mins Virtual			

Les Mills RPM Virtual
A 50-minute indoor cycling class set to motivating music. Burn calories, get fit and feel euphoric.

Les Mills sprint Virtual
A 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.

Our virtual indoor cycling classes will start automatically every hour. Please book online or at reception as normal to reserve your space.