

Spin Studio Timetable

MONDAY

RPM
06:10-07:00
VIRTUAL 

SPIN
09:15-10:00
DAN

SPRINT
14:00-14:30
VIRTUAL 

SPIN
17:30-18:15
BEN

SPIN
18:25-18:55
BEN

THE TRIP
19:20-20:15
VIRTUAL 

TUESDAY

THE TRIP
06:20-07:00
VIRTUAL 

SPIN
10:10-10:55
FIONA

SPRINT
12:15-12:45
VIRTUAL 

RPM
16:00-16:30
VIRTUAL 

SPIN
18:20-19:05
KELLY

WEDNESDAY

SPIN
09:15-10:00
FIONA

RPM
12:15-12:45
VIRTUAL 

SPRINT
14:00-14:30
VIRTUAL 

THE TRIP
19:30-20:15
VIRTUAL 

THURSDAY

THE TRIP
06:20-07:00
VIRTUAL 

SPRINT
12:15-12:45
VIRTUAL 

RPM
16:00-16:30
VIRTUAL 

SPIN
17:30-18:00
FIONA

SPIN
18:10-18:40
FIONA

RPM
19:30-20:20
VIRTUAL 

FRIDAY

SPIN
06:30-07:00
MATT

SPIN
09:15-09:45
KELLY

RPM
12:15-12:45
VIRTUAL 

SPRINT
14:00-14:30
VIRTUAL 

SPIN
17:15-18:00
FIONA

SATURDAY

SPIN
10:15-11:00
KELLY

SPRINT
12:15-12:45
VIRTUAL 

RPM
15:00-15:30
VIRTUAL 

SUNDAY

SPIN
10:00-10:45
SHONA

RPM
12:15-12:45
VIRTUAL 

RPM
15:00-15:30
VIRTUAL 

 HIGH ENERGY

GROUP INDUCTIONS 08:30-09:00 & 18:00-18:30 MON, WED & FRI*

*MEET AT RECEPTION

BOOK VIA
THE APP

