

## MONDAY

Time	Class	Duration (min)	Instructor
06.30	Virtual 45	45	
07.30	Virtual 30	30	
09.30	Spin	45	Lisa
10.30	Virtual 45	45	
12.30	Virtual 30	30	
16.00	Virtual 45	45	
17.15	Virtual 30	30	
18.00	Connect/CbC	45	Ben/James
19.30	Virtual 45	45	

## TUESDAY

Time	Class	Duration (min)	Instructor
06.30	Connect/CbC	45	
07.30	Virtual 30	30	
09.30	Connect/CbC	30	
11.00	Virtual 45	45	
12.30	Virtual 45	45	
13.30	Virtual 30	30	
16.00	Virtual 30	30	
17.00	Virtual 30	45	
18.00	Spin	45	Gym Team
19.30	Virtual 45	45	

### CONNECT

We are proud to introduce ICG® Connect, a digital platform created to deliver data-visualisation and gaming to unite riders by tracking group performance, providing team competition and rewarding group leaders whilst celebrating individual achievement.

In every class, participants ride for, with and against each other to meet the group target, win team battle and achieve personal bests. Connect technology amplifies the class energy by making it visible and the connected experience brings riders closer to their goals and each other.

### TOUR COACH

Terrain-focused footage from all over the world paired with music and voiceover coaching delivers fun yet fierce workouts.

The speed interacting scenery is stunning and engaging.

## WEDNESDAY

Time	Class	Duration (min)	Instructor
06.30	Virtual 45	45	
07.30	Virtual 30	30	
09.30	Spin	45	Lisa
10.30	Virtual 45	45	
12.30	Virtual 30	30	
14.00	Virtual 30	30	
16.30	Virtual 30	30	
17.15	Virtual 30	30	
18.00	Connect/CbC	45	Ben/James
19.30	Virtual 45	45	

## THURSDAY

Time	Class	Duration (min)	Instructor
06.30	Virtual 30	30	
09.30	Connect/CbC	45	James/Ben
11.00	Virtual 45	45	
12.30	Virtual 30	30	
13.30	Virtual 45	45	
16.00	Virtual 30	30	
17.00	Virtual 45	45	
18.00	RPM	45	Helena
19.00	Virtual 55	55	

### STUDIO COACH

Immersive on-screen coach workouts deliver results. Riding to world-class instruction and chart-quality music, you will get fitter, faster and stronger – and love every minute of it. Our three different program formats appeal to all kinds of members. No matter who you are, how much time you have or what class style you prefer, we've got it covered.

### MYRIDE

ICG's pioneering Simulation, Interaction and Telepresence (SIT) teaching methods improve a user's fitness outcome and entertainment. So whether you turn up and smash a Tour de France section, or lose yourself on Californian beaches, MyRide offers you the best of both worlds.

## FRIDAY

Time	Class	Duration (min)	Instructor
06.30	Virtual 45	45	
08.00	Virtual 45	45	
09.15	Virtual 30	30	
10.00	RPM	45	Helena
11.15	Beginner MyRide	30	
12.30	Virtual 45	45	
14.00	Virtual 45	45	
16.00	Virtual 45	45	
17.45	Spin	45	Julie
18.30	Virtual 45	45	
19.30	Virtual 30	30	

## SATURDAY

Time	Class	Duration (min)	Instructor
09.30	RPM	45	Maria
10.30	Virtual 30	30	
12.00	Virtual 30	30	
14.30	Virtual 45	45	
16.00	Virtual 45	45	

## SUNDAY

Time	Class	Duration (min)	Instructor
08.00	Virtual 45	45	
09.30	Virtual 45	45	
11.40	Virtual 45	45	
17.30	Virtual 30	30	

### Timetable valid from 21st October 2020

Please Note – Instructors may be subject to change