

Silksworth Community Pool, Tennis and Wellness Centre

Virtual Group Exercise Programme

KEY  Group Cycle Arena (GCA)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
07:05 - 07:10		RPM BIKE SETUP	RPM BIKE SETUP					07:05 - 07:10
07:15 - 07:45		RPM™ 1						07:15 - 07:45
07:15 - 08:00			RPM™ 1					07:15 - 08:00
07:55 - 08:40		RPM™ 1						07:55 - 08:40
08:05 - 08:10	RPM BIKE SETUP			RPM BIKE SETUP	RPM BIKE SETUP	RPM BIKE SETUP	RPM BIKE SETUP	08:05 - 08:10
08:10 - 08:40			RPM™ 1					08:10 - 08:40
08:15 - 08:45				RPM™ 1			RPM™ 1	08:15 - 08:45
08:15 - 09:00	RPM™ 1				RPM™ 1	RPM™ 1		08:15 - 09:00
08:45 - 09:30		RPM™ 1						08:45 - 09:30
08:55 - 09:25				RPM™ 1			RPM™ 1	08:55 - 09:25
09:10 - 09:40					RPM™ 1	RPM™ 1		09:10 - 09:40
09:10 - 09:55	RPM™ 1							09:10 - 09:55
08:45 - 09:30			RPM™ 1					08:45 - 09:30
09:30 - 10:00				RPM™ 1				09:30 - 10:00
09:30 - 10:15							RPM™ 1	09:30 - 10:15
09:40 - 10:10		RPM™ 1	RPM™ 1					09:40 - 10:10
09:45 - 10:30					RPM™ 1	RPM™ 1		09:45 - 10:30
10:00 - 10:30	RPM™ 1							10:00 - 10:30
10:10 - 10:55				RPM™ 1				10:10 - 10:55
10:15 - 11:00		RPM™ 1	RPM™ 1					10:15 - 11:00
10:25 - 11:10							RPM™ 1	10:25 - 11:10
10:40 - 11:10	RPM™ 1				RPM™ 1	RPM™ 1		10:40 - 11:10
11:00 - 11:45				RPM™ 2				11:00 - 11:45
11:10 - 11:40			RPM™ 1					11:10 - 11:40
11:10 - 11:55		RPM™ 1						11:10 - 11:55
11:15 - 11:45					RPM™ 1			11:15 - 11:45
11:15 - 12:00						RPM™ 1	RPM™ 1	11:15 - 12:00
11:20 - 11:50	RPM™ 1							11:20 - 11:50
11:45 - 12:30			RPM™ 1					11:45 - 12:30
11:55 - 12:25				RPM™ 1				11:55 - 12:25
11:55 - 12:40					RPM™ 1			11:55 - 12:40
12:00 - 12:30		RPM™ 1						12:00 - 12:30
12:00 - 12:45	RPM™ 1							12:00 - 12:45
12:10 - 12:40						RPM™ 1	RPM™ 1	12:10 - 12:40
12:30 - 13:00				RPM™ 1				12:30 - 13:00
12:40 - 13:25		RPM™ 1	RPM™ 1					12:40 - 13:25
12:45 - 13:30					RPM™ 1	RPM™ 1	RPM™ 1	12:45 - 13:30
12:55 - 13:40	RPM™ 1							12:55 - 13:40
13:10 - 13:55				RPM™ 1				13:10 - 13:55
13:30 - 14:00		RPM™ 1	RPM™ 1					13:30 - 14:00
13:40 - 14:10					RPM™ 1		RPM™ 1	13:40 - 14:10
13:40 - 14:25						RPM™ 1		13:40 - 14:25
13:45 - 14:30	RPM™ 1							13:45 - 14:30
14:00 - 14:45				RPM™ 1				14:00 - 14:45
14:10 - 14:40		RPM™ 1						14:10 - 14:40
14:10 - 14:55			RPM™ 1					14:10 - 14:55
14:15 - 14:45					RPM™ 1			14:15 - 14:45
14:30 - 15:00						RPM™ 1		14:30 - 15:00
14:40 - 15:10	RPM™ 1							14:40 - 15:10
14:45 - 15:30		RPM™ 1						14:45 - 15:30
14:55 - 15:25				RPM™ 1				14:55 - 15:25
14:55 - 15:40					RPM™ 1			14:55 - 15:40
15:00 - 15:45			RPM™ 1					15:00 - 15:45
15:10 - 15:40						RPM™ 1		15:10 - 15:40
15:15 - 16:00	RPM™ 1							15:15 - 16:00
15:30 - 16:15				RPM™ 1				15:30 - 16:15
15:40 - 16:25		RPM™ 1						15:40 - 16:25
15:45 - 16:15					RPM™ 1		RPM™ 1	15:45 - 16:15
15:45 - 16:30						RPM™ 1		15:45 - 16:30
15:55 - 16:25			RPM™ 1					15:55 - 16:25
16:10 - 16:55	RPM™ 1							16:10 - 16:55
16:25 - 16:55				RPM™ 1	RPM™ 1		RPM™ 1	16:25 - 16:55
16:30 - 17:15			RPM™ 1					16:30 - 17:15
16:30 - 16:35		RPM BIKE SETUP						16:30 - 16:35
16:35 - 16:40		RPM LEARN THE MOVES						16:35 - 16:40
16:40 - 17:10						RPM™ 1		16:40 - 17:10
17:00 - 17:05					RPM BIKE SETUP			17:00 - 17:05
17:00 - 17:45	RPM™ 1	RPM™ 1		RPM™ 1			RPM™ 1	17:00 - 17:45
17:10 - 17:15					RPM LEARN THE MOVES			17:10 - 17:15
17:15 - 17:45						RPM™ 1		17:15 - 17:45
17:25 - 18:10			RPM™ 1					17:25 - 18:10
17:40 - 18:25					RPM™ 1			17:40 - 18:25
17:50 - 17:55	RPM BIKE SETUP							17:50 - 17:55
17:55 - 18:25		RPM™ 1		RPM™ 1				17:55 - 18:25
18:00 - 18:05	RPM LEARN THE MOVES							18:00 - 18:05
18:15 - 19:00	RPM™ 1		RPM™ 1					18:15 - 19:00
18:30 - 19:15		RPM™ 1		RPM™ 1	RPM™ 1			18:30 - 19:15
19:10 - 19:40	RPM™ 1		RPM™ 1					19:10 - 19:40
19:25 - 19:55		RPM™ 1		RPM™ 1	RPM™ 1			19:25 - 19:55
19:25 - 20:10		RPM™ 1						19:25 - 20:10
19:45 - 20:15	RPM™ 1		RPM™ 1					19:45 - 20:15
20:00 - 20:30				RPM™ 1	RPM™ 1			20:00 - 20:30
20:15 - 20:45		RPM™ 1						20:15 - 20:45
20:25 - 21:10	RPM™ 1							20:25 - 21:10
20:30 - 20:35			RPM LEARN THE MOVES					20:30 - 20:35
20:40 - 21:25				RPM™ 1	RPM™ 1			20:40 - 21:25
20:55 - 21:25		RPM™ 1						20:55 - 21:25

Timetable correct as at September 2016. Any updates to this timetable will be made online at www.everyoneactive.com

Please note that advertised class times include a short period of warm up and cool down for the virtual system.

Class Descriptions

RPM™ An interval based Group Cycling training programme – you will burn up to 500 calories in this workout! Express classes are 30 minutes long!

Tell us how your workout went by using the hashtag **#feelbetterforit**

Book your class using our FREE app, call the centre on 03330 05 0152 or visit our reception team!