

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:30 - 10:15 Full Body Group Personal Training	06:10 - 07:00 Alpha Strength	06:10 - 07:00 Alpha HIIT / FRT	06:10 - 07:00 In the Yellow	06:10 - 07:00 HIIT	08:30 - 09:30 HIIT	09:00 - 10:15 Functional Race Training
12:30 - 13:15 HIIT / LIFT	10:00 - 10:45 Alpha Strength	10:00 - 10:45 HIIT / FRT	10:00 - 10:45 In the Yellow	09:30 - 10:15 Rookie Strength	10:00 - 11:00 Competition Training	09:15 - 10:00 Velo Stages
17:00 - 17:40 Alpha Under 14's Bootcamp	18:00 - 18:45 Alpha HIIT / FRT	17:30 - 18:15 Alpha Under 14's Bootcamp	18:00 - 18:45 In the Yellow	17:00 - 17:45 Velo Stages		10:15 - 11:00 Group Personal Training
18:00 - 18:45 Alpha Strength	09:00 - 19:45 Group Personal Training	18:00 - 18:45 Velo Vibe	19:00 - 20:00 Group Personal Training	18:00 - 18:45 Alpha Fusion		10:20 - 11:00 Yoga (Check for sessions)
18:00 - 18:45 Velo Stages		18:15 - 19:00 Full Body Group Personal Training				
19:00 - 19:45 Group Personal Training		19:00 - 20:00 FRT				



CLASS TIMETABLE

Commencing 05/04/24

ITY = In The Yellow **FRT** = Functional Race Training
HIIT = High Intensity Interval Training