

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
VIRTUAL SPRINT 30 Mins 6:10am-6:40am	VIRTUAL RPM 30 Mins 6:15am-6:45am	VIRTUAL RPM 30 Mins 6:10am-6:40am	VIRTUAL RPM 30 Mins 6:15am-6:45am	VIRTUAL SPRINT 30 Mins 6:10am-6:40am	VIRTUAL RPM 30 Mins 7:10am-7:40am	VIRTUAL RPM TUTORIAL 7:10am-7:40am
VIRTUAL RPM TUTORIAL 7:00am-7:25am	THE TRIP LIVE 45 Mins 7:00am-7:45am	VIRTUAL SPRINT 30 Mins 7:15am-7:45am	THE TRIP LIVE 45 Mins 7:00am-7:45am	VIRTUAL RPM 50 Mins 7:00am-7:50am	STUDIO CYCLE EXPRESS W. TOM 8:00am-8:45am	VIRTUAL SOFT LAUNCH 8:00am-8:30am
VIRTUAL RPM 50 Mins 8:00am-8:50am	VIRTUAL RPM 50 Mins 8:00am-8:50am	VIRTUAL SPRINT 30 Mins 8:30am-9:00am	VIRTUAL RPM 30 Mins 8:00am-8:30am	VIRTUAL SPRINT 30 Mins 8:15am-8:45am	STUDIO CYCLE EXPRESS W. TOM 9:00am-9:45am	VIRTUAL THE TRIP 45 Mins 9:00am-9:45am
VIRTUAL THE TRIP 45 Mins 9:00am-9:45am	VIRTUAL RPM 50 Mins 9:15am-10:05am	VIRTUAL RPM 30 Mins 9:30am-10:00am	VIRTUAL RPM 50 Mins 9:00am-9:50am	VIRTUAL RPM 50 Mins 9:15am-9:05am	VIRTUAL RPM 50 Mins 10:00am-10:50am	STUDIO CYCLE EXPRESS W. RICHIE 10:00am-10:45am
VIRTUAL RPM 50 Mins 10:00am-10:50am	THE TRIP LIVE 45 Mins 10:30am-11:15am	THE TRIP LIVE 45 Mins 10:30am-11:15am	VIRTUAL THE TRIP 45 Mins 10:00am-10:45am	VIRTUAL THE TRIP 45 Mins 10:30am-11:15am	VIRTUAL SPRINT 30 Mins 11:00am-11:30am	VIRTUAL RPM 30 Mins 11:15am-11:45am
VIRTUAL SPRINT 30 Mins 11:30am-12:00pm	VIRTUAL RPM TUTORIAL 12:00pm-12:25pm	VIRTUAL RPM 30 Mins 11:30am-12:00pm	VIRTUAL SPRINT 30 Mins 11:00am-11:30am	VIRTUAL RPM 30 Mins 11:30am-12:00pm	VIRTUAL THE TRIP 45 Mins 12:00pm-12:45pm	VIRTUAL RPM 50 Mins 12:30pm-1:20pm
VIRTUAL THE TRIP 45 Mins 12:00pm-12:45pm	VIRTUAL THE TRIP 45 Mins 1:30pm-2:15pm	THE TRIP LIVE 45 Mins 12:30pm-1:15pm	INSTRUCTIONS FOR BEGINNERS 12:00pm-12:25pm	VIRTUAL SPRINT 30 Mins 12:30pm-1:00pm	VIRTUAL RPM 50 Mins 1:00pm-1:50pm	VIRTUAL SPRINT 30 Mins 1:30pm-2:00pm
VIRTUAL RPM 50 Mins 1:00pm-1:50pm	VIRTUAL RPM 30 Mins 2:30pm-3:00pm	VIRTUAL RPM 50 Mins 2:00pm-2:50pm	VIRTUAL RPM 30 Mins 1:00pm-1:30pm	VIRTUAL RPM 30 Mins 1:05pm-1:35pm	THE TRIP LIVE 45 Mins 2:00pm-2:45pm	VIRTUAL RPM 30 Mins 2:15pm-2:45pm
VIRTUAL SPRINT 30 Mins 2:00pm-2:30pm	VIRTUAL RPM 30 Mins 4:30pm-5:20pm	VIRTUAL SPRINT 30 Mins 3:00pm-3:30pm	VIRTUAL RPM 50 Mins 2:30pm-3:20pm	VIRTUAL THE TRIP 45 Mins 2:00pm-2:45pm	VIRTUAL SPRINT 30 Mins 3:00pm-3:30pm	VIRTUAL SPRINT 30 Mins 3:00pm-3:30pm
VIRTUAL THE TRIP 45 Mins 3:00pm-3:45pm	VIRTUAL THE TRIP 45 Mins 6:30pm-7:15pm	VIRTUAL RPM 30 Mins 4:45pm-5:15pm	VIRTUAL RPM BEGINNER (OLD) 3:45pm-4:15pm	VIRTUAL RPM 50 Mins 3:00pm-3:50pm	VIRTUAL THE TRIP 45 Mins 4:00pm-4:45pm	
VIRTUAL SPRINT 30 Mins 4:45pm-5:15pm	VIRTUAL SPRINT 30 Mins 8:00pm-8:30pm	VIRTUAL SPRINT 30 Mins 5:00pm-5:30pm	VIRTUAL THE TRIP 45 Mins 5:30pm-6:15pm	VIRTUAL SPRINT 30 Mins 4:00pm-4:30pm	VIRTUAL SPRINT 30 Mins 5:00pm-5:30pm	
STUDIO CYCLE EXPRESS W. TOM 6:00pm-6:45pm		STUDIO CYCLE EXPRESS W. TOM 6:00pm-7:00pm	VIRTUAL RPM 50 Mins 6:30pm-7:20pm	VIRTUAL RPM 50 Mins 5:00pm-5:50pm		
VIRTUAL THE TRIP 45 Mins 7:30pm-8:15pm		VIRTUAL RPM 50 Mins 7:30pm-8:20pm	VIRTUAL RPM 50 Mins 7:45pm-8:35pm	VIRTUAL THE TRIP 45 Mins 6:00pm-6:45pm		
VIRTUAL SPRINT 30 Mins 8:30pm-9:00pm		VIRTUAL SPRINT 30 Mins 8:30pm-9:00pm		VIRTUAL RPM 30 Mins 7:00pm-7:30pm		
				VIRTUAL SPRINT 30 Mins 8:00pm-8:30pm		

STUDIO CYCLE EXPRESS WITH TOM
45 minute ride, fun and fast paced.

STUDIO CYCLE EXPRESS WITH RICHIE
45 minute ride, fun and fast paced.

LES MILLS
THE TRIP

Be guided through digitally created worlds in a totally unique workout experience that combines an instructor led cycling workout with a virtual journey proven to get you fitter faster with less discomfort.



Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.



Be guided through 35-minutes of easy-to-follow RPM.



Learn the basic moves and format of a LES MILLS RPM workout in this quick introduction.



This 25-minute introductory tutorial is the perfect first step on your LES MILLS RPM



High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.



A totally unique workout experience that combines a multi-peak cycling workout with a journey through digitally-created worlds.