

DISC



INDOOR CYCLE

TIMETABLE

June 2019

Monday

Time	Class	KEY
0815 – 0845	Studio Coach	V
0930 – 1015	Tour	V
1215 – 1245	Tour	V
1730 - 1815	Coach by Colour	IN
1830 – 1900	Tour	V

Tuesday

Time	Class	KEY
0830 – 0915	Tour	V
1100 – 1155	Studio Coach	V
1245 – 1315	Studio Coach	V
1615 – 1700	Coach by Colour	IN
1700 - 1745	RAMP	IN

Wednesday

Time	Class	KEY
0815 – 0845	Tour	V
1000 – 1055	Studio Coach	V
1300 – 1345	Tour	V
1915–2000	Coach by Colour	IN

Thursday

Time	Class	KEY
0815 – 0845	Studio Coach	V
1000 – 1100	Tour	V
1300 – 1345	Coach by Colour	IN
1715 – 1800	Coach by Colour	IN
1815 – 1845	Express	IN

Friday

Time	Class	KEY
0815 – 0915	Tour	V
1015 – 1100	Studio Coach	V
1215 – 1300	Coach by Colour	IN
1815 – 1900	Coach by Colour	IN

OPEN ALL DAY EVERYDAY

All scheduled classes are required to be booked in advance online.

When there are no scheduled classes, members are welcome to play virtual classes on the virtual screen.

Saturday's & Sunday's are open all day to customers who wish to use the virtual screen.

Book online now at

www.leisureandculturedundee.com

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culture** DUNDEE