

VIRTUAL CYCLING CLASSES

MONDAY

- ▲ 6.45am Studio Coach Fast class
- ▲ 8am Tour Coach
- ▲ 11.45am Tour Coach Fast class
- ▲ 5pm Tour Coach Fast class
- ▲ 8.30pm Tabata

TUESDAY

- ▲ 6.45am Tour Coach Fast class
- ▲ 2.30pm Studio Coach Fast class
- ▲ 7pm Tour Coach
- ▲ 8pm Studio Coach

WEDNESDAY

- ▲ 8am Studio Coach
- ▲ 9.30am Tour Coach
- ▲ 11.45am Tabata
- ▲ 5pm Tour Coach
- ▲ 8.30pm Tour Coach Fast class

THURSDAY

- ▲ 6.45am Tabata
- ▲ 2.30pm Tour Coach
- ▲ 6pm Tour Coach

FRIDAY

- ▲ 8am Tabata
- ▲ 11.45am Studio Coach Fast class
- ▲ 6pm Tabata

SATURDAY

- ▲ 8.30am Tour Coach Fast class
- ▲ 11.30am Tabata

SUNDAY

- ▲ 8.30am Tabata
- ▲ 11.30am Studio Coach Fast class

TOUR COACH

Speed interacting (ride as you see it) terrain-focused footage from all over the world, paired with chart quality music and world class voice over coaching.

50 minutes or 30 minutes (fast class)

STUDIO COACH

On-screen world-class coaching to music.

50 minutes or 30 minutes (fast class)

TABATA

Push your cardio activity to the max, followed by strength, endurance and power.

20 minutes

Cancellations

If you do not attend a class or cancel within four hours of the start time you will be charged the full activity fee. Please refer to the cancellation policy found online at www.broxbourne.gov.uk. To cancel an exercise class for: The Laura Trott Leisure Centre, telephone 01992 623345, text 07746 028406 or email lfccancellations@broxbourne.gov.uk. The John Warner Sports Centre, telephone 01992 445375, text 07707 093953 or email jwscancellations@broxbourne.gov.uk