



v16 / August 2023

# Immersive Studio Timetable

## Monday

06.45 – 07.30	The Trip LIVE
08.00 – 08.45	Virtual RPM
09.15 – 10.00	Spin45 LIVE
11.00 – 11.30	Virtual Sprint
12.15 – 13.00	The Trip LIVE
13.30 – 14.00	Virtual Sprint
14.45 – 15.30	Virtual RPM
15.45 – 16.30	11+ Virtual The Trip
17.00 – 17.45	Virtual RPM
18.15 – 19.00	The Trip LIVE
19.15 – 20.00	Spin45 LIVE
20:30 – 21:00	Virtual Sprint

## Wednesday

06.45 – 07.30	The Trip LIVE
08.00 – 08.30	Virtual Sprint
09.30 – 10.00	Spin30 LIVE
12.15 – 13.00	The Trip LIVE
15.00 – 15.45	11+ Virtual The Trip
16.00 – 16.45	Virtual RPM
17.15 – 17.45	Virtual Sprint
18.30 – 19.00	Spin30 LIVE
19.15 – 20.00	The Trip LIVE

## Saturday

09.30 – 10.15	The Trip LIVE
10.45 – 11.15	Virtual Sprint
12.00 – 12.45	11+ Virtual RPM
13.15 – 14.00	11+Virtual The Trip
15.00 – 15.30	Virtual Sprint

## Tuesday

06.45 – 07.15	Virtual Sprint
07.45 – 08.30	Virtual RPM
09.30 – 10.15	The Trip LIVE
12.15 – 12.45	Spin30 LIVE
13.15 – 13.45	Virtual Sprint
15.00 – 15.45	Virtual The Trip
17.00 – 17.45	Virtual RPM
18.15 – 19.00	The Trip LIVE
19:30 – 20:00	Virtual Sprint
20:30 – 21:15	Virtual RPM

## Thursday

06.45 – 07.15	Virtual Sprint
07.45 – 08.30	Virtual RPM
09.30 – 10.15	The Trip LIVE
11.30 – 12.00	Virtual Sprint
12.45 – 13.30	Virtual RPM
15.00 – 15.45	Virtual The Trip
17.00 – 17.45	Virtual RPM
18.15 – 19.00	The Trip LIVE
19:30 – 20:15	Virtual The Trip
20:30 – 21:00	Virtual Sprint

## Friday

06.45 – 07.30	Virtual RPM
08.30 – 09.00	Virtual Sprint
10.30 – 11.15	The Trip LIVE
12.15 – 13.00	Virtual RPM
15.00 – 15.30	Virtual Sprint
16.00 – 16.45	11+ Virtual The Trip
17.15 – 17.45	Virtual Sprint
18.15 – 19.00	The Trip LIVE
19:30 – 20:15	Virtual RPM
20:30 – 21:00	Virtual Sprint

## Sunday

09.30 – 10.00	Spin30 LIVE
10.15 – 11.00	The TRIP LIVE
13.00 – 13.45	11+ Virtual RPM
14.15 – 15.00	11+ Virtual The Trip
15.30 – 16.15	11+ Virtual RPM

**Welcome to the Immersive Studio! The room where the ULTIMATE CYCLING EXPERIENCE takes place!**

# Class Descriptions



LES MILLS  
**THE TRIP**

LES MILLS  
**RPM**

LES MILLS  
**sprint**

Freestyle Fitness Indoor cycling is a group exercise class performed on stationary bikes. During the class, the Instructor simulates hill-climbing, sprints, and races – all choreographed to motivating music. It is truly a fantastic cardiovascular workout! All Freestyle Fitness Indoor cycling classes are Instructor led:

- **Spin30 = 30 min class**
- **Spin45 = 45 min class**
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**THE TRIP™** is a fully immersive experience, combining a multi-peak cycling workout and a cinematic journey through digitally-created worlds. It takes motivation and calorie burn to the next level.

**Virtual The Trip = No Instructor**    **The Trip LIVE = Delivered by an Instructor**

**RPM™** is a cardio peak cycle workout that burns calories and improves cardio fitness. Find your rhythm in the music, set your own resistance level and hit an endorphin high. **VIRTUAL RPM = No Instructor**

Les Mills Sprint is a High Intensity Interval Training (HIIT) workout using the indoor bike to achieve results fast. A short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

## Light Sensitivity, Epilepsy and Motion Sickness:

The Indoor Cycling Studio is a state of the art truly immersive experience equipped with a huge projector screen and professional light and sound system. The Trip uses strobe lighting, flashing and rapid imagery changes may be used. Do NOT participate if you are prone to seizures. Nausea and disorientation may be experienced by some participants.

For the safety of studio users, live video will be streamed on the TV situated in the corridor. In addition, this avoids any disruption during classes.

## What do I need to bring?

Water bottle – you will sweat a lot so rehydrating is very important.

Suitable clothing to exercise in – you don't necessarily need cycling shorts but it will be more comfortable if you do use them.

Cycling shoes: The bikes have pedals with toe clips/straps as well as SPD clipless pedals. Trainers are perfectly ok but you will find it easier.

## Immersive Studio Indoor Cycling Tips:

Arrive early to set up your bike – if you need any assistance just ask an Instructor. Please don't be late – if the class has started you will not be able to enter the studio. Our Precor Spinner Shift bikes are fixed wheel – you cannot suddenly stop pedalling, please use the brake and gradually slow to a complete stop.

## More Information:

Minimum age for all Indoor Cycling classes is 16 years unless stated\*

**\*11+ classes Virtual RPM and Virtual The Trip = everyone welcome from age 11 to 111**

(Minimum age of 11 years and minimum height of 4ft 11" / 150cm) – Junior members welcome.

All classes are included in Platinum, Gold, Bronze and Class only memberships, and Silver membership before 5pm.