



Classes

# RPM™, Myride® and Indoor Cycling Class Programme

EAST RIDING LEISURE  
HALTEMPRICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAYTIME	RPM™† 7 - 7.45am	Myride® (TC) 6.45 - 7.15am	RPM™† 7 - 7.45am	Myride® (TC) 6.45 - 7.15am	RPM™† 7 - 7.45am
	Myride® (TC) 8.30 - 9am	Myride® (SC) 8.30 - 9am	Myride® (SC) 8.30 - 9am	Myride® (SC) 8.30 - 9am	Myride® (TC) 8.30 - 9am
	Indoor Cycling† 9.30 - 10.15am	RPM™† 9.30 - 10.15am	RPM™† 9.30 - 10.15am	RPM™† 9.30 - 10.15am	RPM™† 9.30 - 10.15am
	Myride® (SC) 10.30 - 11.30am	Myride® (TC) 10.30 - 11.15am	Myride® (SC) 10.30 - 11.30am	Myride® (TC) 10.30 - 11.15am	RPM™† 10.30 - 11.15am
	Myride® (TC) 11.30am - 12 noon	Myride® (SC) 11.30am - 12 noon	Myride® (TC) 11.30am - 12 noon	Myride® (SC) 11.30am - 12 noon	Myride® (TC) 11.30am - 12.15pm
	Myride® (SC) 12.30 - 1pm	Myride® (TC) 12.30 - 1pm	Myride® (SC) 12.30 - 1pm	Myride® (TC) 12.30 - 1pm	Myride® (SC) 12.30 - 1pm
	Myride® (TC) 2.30 - 3.15pm	Myride® (SC) 2.30 - 3.30pm	Myride® (TC) 2.30 - 3.15pm	Myride® (SC) 2.30 - 3.30pm	Myride® (TC) 2.30 - 3.15pm
	Myride® (SC) 4 - 4.30pm	Myride® (TC) 4 - 4.30pm	Myride® (SC) 4 - 4.30pm	Myride® (TC) 4 - 4.30pm	Myride® (SC) 4 - 4.30pm
	Myride® (TC) 4.45 - 5.15pm	Myride® (SC) 4.45 - 5.15pm	Myride® (TC) 4.45 - 5.15pm	Myride® (SC) 4.45 - 5.15pm	Myride® (TC) 4.45 - 5.15pm
	Myride® (SC) 5.30 - 6pm	Myride® (TC) 5.30 - 6pm	Myride® (SC) 5.30 - 6pm	Myride® (TC) 5.30 - 6pm	Myride® (SC) 5.30 - 6pm
EVENING	Indoor Cycling† 6.15 - 7pm	RPM™† 6.15 - 7pm	RPM™† 6.15 - 7pm	Myride® (SC) 6.15 - 6.45pm	RPM™† 6.15 - 7pm
	RPM™† 7.15 - 8pm	RPM™† 7.15 - 8pm	Indoor Cycling† 7.15 - 8pm	RPM™† 7.15 - 8pm	Myride® (TC) 7.30 - 8pm
	Myride® (SC) 8.15 - 8.45pm	Myride® (SC) 8.15 - 8.45pm	Myride® (TC) 8.15 - 8.45pm	Myride® (SC) 8.15 - 8.45pm	Myride® (SC) 8.15 - 8.45pm

	SATURDAY	SUNDAY
WEEKEND	RPM™† 9 - 9.45am	RPM™† 9 - 9.45am
	RPM™† 10 - 10.45am	Myride® (SC) 10.30 - 11.30am
	Myride® (SC) 11.30am - 12 noon	Myride® (TC) 11.30am - 12 noon
	Myride® (TC) 12.30 - 1pm	Myride® (SC) 12.30 - 1pm
	Myride® (SC) 1.30 - 2pm	Myride® (TC) 1.30 - 2pm
	Myride® (TC) 2.30 - 3pm	Myride® (SC) 2.30 - 3pm
	Myride® (SC) 3.30 - 4.30pm	Myride® (TC) 3.30 - 4.15pm
	Myride® (TC) 4.30 - 5pm	Myride® (SC) 4.30 - 5pm
	Myride® (SC) 5.30 - 6pm	Myride® (TC) 5.30 - 6pm
	Myride® (TC) 6.30 - 7pm	Myride® (SC) 6.30 - 7pm

SC Studio Coach (Virtual Instructor) TC Tour Coach (Visual Experience)  
† Advanced booking required

## EXERCISE CLASS – BOOKING POLICY

**Booking for Members:** Online booking can be made up to 8 days in advance or up to 7 days in advance by contacting reception.  
**Booking for Non Members:** Online booking can be made up to 7 days in advance or up to 6 days in advance by contacting reception.

**Attendance** – Customers must record their attendance at reception. Professional exercise classes require a warm up. Please arrive on time.

**Cancellations** – We require a minimum of 24 hours notice. Please use our cancellation line (01482) 652501.

Most classes are suitable for 14 years upwards - this is at the discretion of the fitness coach, with the exception of classes which include the use of weights.

KEY	LES MILLS	INDOOR CYCLING	Myride® - 30 mins
			Myride® - 60 mins



## Book Online

Our online booking system is now live.  
Book a wide range of classes or courts.

Mobile ready and on any device

Our new system works on all devices and at any screen size, so you get the same experience across all platforms, whether you are using a smartphone, tablet or desktop computer.

- No need to call - just book online!
- Optimised for smartphones and tablets
- Members can book up to eight days in advance

To get started, visit:  
[eastridingleisure.co.uk/bookonline](http://eastridingleisure.co.uk/bookonline)

