



Using static bikes in our dedicated 'Spinning' studio, our instructors will take you on the ride of your life.

### Spintroduction

Want to try spinning but don't know where to start. Our team will talk you through setting up the spin bike to mastering those hovers and sprints.



Induro Cycling has put a new spin on the indoor cycling workout by utilising amazing soundtracks, virtual instructors and cycling videos from ALL OVER THE WORLD!

The **Induro Cycling Guided** videos utilise a 'virtual instructor'. These videos contain a motivational voice over, energetic soundtrack and a digital dashboard to cue moves, body positions, resistance, cadence and suggested heart rate zones.



**All of our spinning, virtual spinning and aerobic classes are available to book online through our portal.**

<https://app.clubright.co.uk/c/atriumfitness>

**Alternatively just give us a call on 01353 668888 to make your booking.**

**Maybe you have a friend who wants to join in the fun.**

**We also do a range of class packages for non members which are available to purchase online and in the club.**

**Single class - £7.00  
Bronze - 5 classes £30.00  
Silver - 10 classes £50.00  
Gold - 20 classes £80.00  
Diamond - 30 classes £105.00  
Platinum - 40 classes £120.00**

**Please note: Classes are subject to change or cancellation without prior notice.**

**Class Schedule valid from March 2019**



## Timetable 2019



### Club Opening Times

Mon to Thurs	6.30am - 10pm
Friday	6.30am - 9pm
Sat & Sun	8am - 5pm
Bank Holidays	8am - 5pm

**Tel: 01353 668888    [www.atrium.fitness](http://www.atrium.fitness)**

## Monday

07.00-07.35	Virtual	Mixed Ability
07.45-08.20	Virtual	Mixed Ability
9.15-09.45	Gym Team	Mixed Ability
10.45-11.45	Virtual	Advanced
12.15-12.50	Virtual	Mixed Ability
13.15-13.50	Virtual	Mixed Ability
14.00-14.40	Virtual	Mixed Ability
15.00-15.35	Virtual	Mixed Ability
16.00-17.00	Virtual	Advanced
17.45-18.15	Gym Team	Mixed Ability
18.30-19.00	Gym Team	Mixed Ability
19.15-19.45	Virtual	Intro & Beginners Ride
20.00-21.00	Virtual	Advanced

## Tuesday

07.00-07.35	Virtual	Mixed Ability
07.45-08.25	Virtual	Mixed Ability
09.30-10.00	Virtual	Intro & Beginners Ride
10.45-11.45	Virtual	Advanced
12.15-12.50	Virtual	Mixed Ability
13.15-13.50	Virtual	Mixed Ability
14.00-15.00	Virtual	Advanced
15.15-15.50	Virtual	Mixed Ability
16.00-17.00	Virtual	Advanced
17.45-18.30	Gym Team	Mixed Ability
18.45-19.25	Virtual	Mixed Ability
20.00-21.00	Virtual	Hardcore

## Wednesday

07.00-07.35	Virtual	Mixed Ability
07.45-08.20	Virtual	Mixed Ability
10.15-10.35	Gym Team	Spintroduction
10.45-11.45	Virtual	Advanced
12.15-12.50	Virtual	Mixed Ability
13.15-13.50	Virtual	Mixed Ability
14.00-14.40	Virtual	Mixed Ability
15.00-15.35	Virtual	Mixed Ability
16.00-17.00	Virtual	Advanced
17.15-18.15	Virtual	Advanced
19.00-19.45	Gym Team	Mixed Ability
20.00-21.00	Virtual	Advanced

## Thursday

07.00-07.35	Virtual	Mixed Ability
07.45-08.25	Virtual	Mixed Ability
09.15-09.45	Gym Team	Mixed Ability
10.00-10.30	Gym Team	Mixed Ability
10.45-11.45	Virtual	Advanced
12.15-12.50	Virtual	Mixed Ability
13.15-13.50	Virtual	Mixed Ability
14.00-15.00	Virtual	Advanced
15.10-15.50	Virtual	Mixed Ability
16.00-17.00	Virtual	Advanced
17.15-17.50	Virtual	Mixed Ability
18.15-18.45	Virtual	Intro & Beginners Ride
19.00-19.40	Virtual	Mixed Ability
20.00-21.00	Virtual	Hardcore

## Friday

07.00-07.35	Virtual	Mixed Ability
07.45-08.20	Virtual	Mixed Ability
09.30-10.00	Virtual	Intro & Beginners Ride
10.45-11.45	Virtual	Advanced
12.15-12.50	Virtual	Mixed Ability
13.15-13.50	Virtual	Mixed Ability
14.00-14.40	Virtual	Mixed Ability
15.00-15.35	Virtual	Mixed Ability
16.00-17.00	Virtual	Advanced
17.45-18.30	Gym Team	Mixed Ability
19.30-20.10	Virtual	Mixed Ability

## Saturday

08.30-09.05	Virtual	Mixed Ability
09.30-10.00	Virtual	Intro & Beginners Ride
10.00-10.30	Gym Team	Mixed Ability
11.15-11.50	Virtual	Mixed Ability
12.15-12.55	Virtual	Mixed Ability
13.30-14.30	Virtual	Advanced
15.00-16.00	Virtual	Hardcore

## Sunday

09.00-09.45	Gym Team	Mixed Ability
10.00-10.30	Virtual	Intro & Beginners Ride
10.45-11.20	Virtual	Mixed Ability
11.30-12.05	Virtual	Mixed Ability
12.15-12.55	Virtual	Mixed Ability
13.30-14.30	Virtual	Advanced
15.00-16.00	Virtual	Hardcore