

Group Cycling Timetable

September 2nd – November 4th 2018

Monday

0700-0730 : MyRide
0930-1030 : MyRide
1215-1245 : MyRide
1915-2000 : **Beginners Disco Spin**
2015-2100 : MyRide

Tuesday

0930-1015 : MyRide
1300-1330 : MyRide
1915-2000 : **Mixed Ability Spin**

Wednesday

0930-1020 : MyRide
1215-1245 : MyRide
1915-2015 : **Mixed Ability Spin**

Thursday

0930-1015 : MyRide
1300-1330 : MyRide
1900-2000 : **Mixed Ability Disco Spin**

Friday

0930-1030 : **Mixed Ability Spin**
1215-1245 : MyRide
1645-1715 : **Teen Disco Spin** (11-15yrs)*
2000-2045 : MyRide

Saturday

0700-0750 : MyRide
1030-1130 : MyRide

Sunday

1000-1100 : MyRide



All MyRide classes are led by virtual instructors. It is recommended you attend an instructor lead class first to ensure safe set-up and use of bikes.

*Teen Spin = School term time only

Correct at the time of print.

Version 1

Booking/Cancellation Policy applies. Online booking available. *For a copy in large print, easy-read, Braille, audio, or an alternative language, please contact Pembrokeshire County Council on 01437 764551*

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