



Group Cycling Timetable

7th January – 3rd March 2019

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
1830-1915 : **Mixed Ability Spin**

Wednesday

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

Thursday

0930-1015 : MyRide
1315-1415 : **Mixed Ability Spin**
1900-2000 : **Mixed Ability Spin**

Friday

0930-1030 : **Mixed Ability Spin**
1215-1245 : MyRide
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.

Correct at the time of print

Version 3

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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