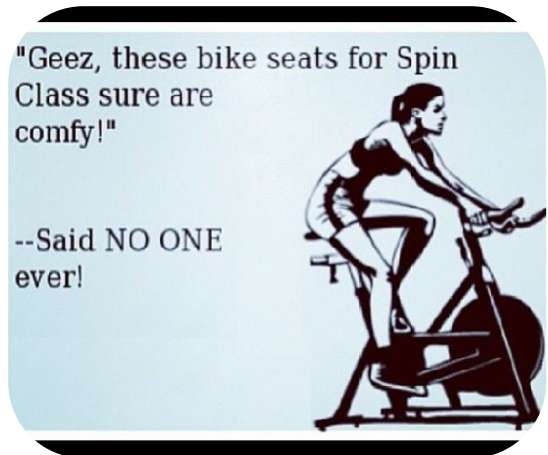




CYCLE CLASSES

Starting in October

Tuesdays & Thursday 8am to 8:45am with Paisley
Monday & Wednesday 6pm to 7pm with Michael



Indoor cycling is a form of exercise with classes focusing on endurance, strength and intervals with recovery. A fun and exciting way to get fit.

