

Virtual RPM Classes at the Stour Centre

Day	Time	Class	Day	Time	Class
Monday	06.45 - 07.30	RPM 45	Friday	06.45 - 07.30	RPM 45
	08.00 - 08.30	RPM 30		08.00 - 08.30	RPM 30
	11.30 - 12.00	RPM 30		11.15 - 12.00	RPM 45
	12.15 - 12.45	RPM 30		12.15 - 13.00	RPM 45
	13.00 - 13.45	RPM 45		13.15 - 13.45	RPM 30
	14.00 - 14.45	RPM 45		14.00 - 14.45	RPM 45
	16.00 - 16.30	RPM 30		16.00 - 16.30	RPM 30
Tuesday	06.45 - 07.15	RPM 30	Saturday	17.00 - 17.45	RPM 45
	08.00 - 08.45	RPM 45		19.00 - 19.30	RPM 30
	10.30 - 11.00	RPM 30		19.45 - 20.30	RPM 45
	11.15 - 12.00	RPM 45		10.00 - 10.45	RPM 45
	13.15 - 13.45	RPM 30		11.00 - 11.30	RPM 30
	14.00 - 14.30	RPM 30		12.00 - 12.45	RPM 45
	16.00 - 16.45	RPM 45		13.00 - 13.30	RPM 30
	17.00 - 17.45	RPM 45		14.00 - 14.45	RPM 45
20.00 - 20.30	RPM 30	16.00 - 16.30	RPM 30		
Wednesday	06.45 - 07.30	RPM 45	Sunday	08.15 - 08.45	RPM 30
	08.00 - 08.30	RPM 30		11.00 - 11.30	RPM 30
	11.30 - 12.00	RPM 30		12.00 - 12.30	RPM 30
	12.15 - 13.00	RPM 45		12.45 - 13.30	RPM 45
	13.15 - 13.45	RPM 30		14.00 - 14.30	RPM 30
	14.00 - 14.45	RPM 45		15.00 - 15.45	RPM 45
	16.00 - 16.30	RPM 30		16.00 - 16.45	RPM 45
	20.00 - 20.30	RPM 30		17.00 - 17.45	RPM 45
Thursday	06.45 - 07.30	RPM 45	All information is correct at time of publication but is subject to change without notice. Please speak to a member of the reception team at the relevant site if you require any further information on the classes available.		
	08.00 - 08.45	RPM 45			
	10.30 - 11.00	RPM 30			
	11.15 - 12.00	RPM 45			
	13.15 - 13.45	RPM 30			
	14.00 - 14.45	RPM 45			
	16.00 - 16.45	RPM 45			
	17.15 - 17.45	RPM 45			
20.00 - 20.45	RPM 45				