

# VIRTUAL CYCLING TIMETABLE APRIL 2022

WE RECOMMEND YOU USE THE INTELLIGENT CYCLING APP ON YOUR MOBILE DEVICE  
PLEASE ASK ONE OF THE FITNESS TEAM FOR HELP IN SETTING THIS UP [OR CLICK HERE](#)



EDGBASTON  
PRIORY CLUB

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	SUMMIT CAMP 2 08:00 - 09:00	BASE CAMP 3 08:00 - 09:00	INTERVAL RIDE 11 08:00 - 09:00	INTERVAL RIDE 9 08:00 - 09:00	
SOFT CAMP 2 13:00 - 13:30	BASE CAMP 13:00 - 13:45	INTERVAL RIDE 8 13:00 - 13:45	SOFT CAMP 3 13:00 - 13:30	INTERVAL RIDE 12 13:00 - 14:00	
SUMMIT CAMP 2 14:00 - 15:00	INTERVAL RIDE 14:00 - 15:00	ADVANCED CAMP 2 14:00 - 15:00	INTERVAL RIDE 5 14:00 - 15:00	INTERVAL RIDE 5 14:00 - 15:00	
					INTERVAL RIDE 4 18:00 - 19:00

DIFFICULTY LEVELS FROM BEGINNERS TO HARD  
SOFT – BASE – ADVANCED – SUMMIT – INTERVAL

ALL VIRTUAL CYCLING CLASSES TAKE PLACE IN THE PHOENIX STUDIO