

	Sunday 15/01/2023	Monday 16/01/2023	Tuesday 17/01/2023	Wednesday 18/01/2023	Thursday 19/01/2023	Friday 20/01/2023	Saturday 21/01/2023
6:00		ONDEMAND 06:45 - 07:45	ONDEMAND 06:45 - 07:45	ONDEMAND 06:45 - 07:45	ONDEMAND 06:45 - 07:45	ONDEMAND 06:45 - 07:45	
8:00	RPM Virtual 08:00 - 08:50	The Trip 08:30 - 09:20	The Trip 08:30 - 09:20	The Trip 08:30 - 09:20	The Trip 08:30 - 09:20	The Trip 08:30 - 09:20	RPM Virtual 08:00 - 08:50
9:00		Virtual Sprint 09:30 - 10:00	Virtual Sprint 09:30 - 10:00	Virtual Sprint 09:30 - 10:00	Virtual Sprint 09:30 - 10:00	Virtual Sprint 09:30 - 10:00	
11:00		ONDEMAND 11:00 - 12:00	ONDEMAND 11:00 - 12:00	ONDEMAND 11:00 - 12:00	ONDEMAND 11:00 - 12:00	ONDEMAND 11:00 - 12:00	
12:00		RPM Virtual 30min 12:00 - 12:30	RPM Virtual 30min 12:00 - 12:30	RPM Virtual 30min 12:00 - 12:30	RPM Virtual 30min 12:00 - 12:30	RPM Virtual 30min 12:00 - 12:30	
		Virtual Sprint 12:45 - 13:15	Virtual Sprint 12:45 - 13:15	Virtual Sprint 12:45 - 13:15	Virtual Sprint 12:45 - 13:15	Virtual Sprint 12:45 - 13:15	
15:00		The Trip 15:30 - 16:15	The Trip 15:30 - 16:15	The Trip 15:30 - 16:15	The Trip 15:30 - 16:15	The Trip 15:30 - 16:15	
16:00		ONDEMAND 16:30 - 17:30	ONDEMAND 16:30 - 17:30	ONDEMAND 16:30 - 17:30	ONDEMAND 16:30 - 17:30	ONDEMAND 16:30 - 17:30	
17:00		The Trip 17:30 - 18:15	The Trip 17:30 - 18:15	The Trip 17:30 - 18:15	The Trip 17:30 - 18:15	The Trip 17:30 - 18:15	

