



Spin Cycling Festival 2022

Event Type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	21 March	22 March	23 March	24 March	25 March	26 March	27 March
Main Events ¹	Tour de Dulwich Challenge Who can ride the most kilometres in 1 week? See NOTES below						
First Timer Only ² Intro Sessions	17:50 - 18:35 First Time Individuals Only [Gary]	12:15 - 12:45 DC Staff (Cassie) 20:45 - 21:30 First Time Couples Only [Paula]	19:50 - 20:35 All First Timers Welcome [Omar]	12:15 - 12:45 DC Staff (Claudia) 19:05 - 20:35 First Time Ladies Only [Paula]	18:00 - 18:45 First Time 50+ Only [Clide]	15:00 - 16:00 First Time Families [Zach]	12:10 - 12:40 First Time Teens Only [Cassie]
Bring a Buddy	'Bring a Buddy' free of charge all week Maximum 4 guests per session						
Challenges	21:00 - 21:30 FTP Power & Fitness Test [Gary]		18:10 - 18:40 Watt's Up [Claudia]		19:20 - 20:20 King of the Hills [Omar]	17:00-17:30 FTP Power & Fitness Test [Zach]	13:00-13:30 Power Surge [Cassie]
Themed Sessions	All instructor led classes will have a special theme and a mini-challenges with prizes to be won						
Big Screen ³ [with Instructor]			20:55 - 21:25 Les Mills 'Sprint' [Nathaniel]		20:35 - 21:05 Beginner Beats [Omar]		19:15 - 19:45 Sprint 20:00 - 20:45 The Trip [Zach]

NOTES:

- (1)** Tour de Dulwich: Collect your entry form from Reception or Cycling Instructors. Every instructor led cycling session from 21 to 27 March will have a 10 minute segment where you accumulate the kilometres and have them signed off by your Instructor. The winners will be announced on Monday, 28 March
- (2)** First timer sessions - please book your place online or at Reception
- (3)** Instructor led Big Screen sessions - The Big Screen cycling experience but with a live instructor present to assist and guide you