

# **Spin Cycling FESTIVAL 2023**

- ◎ Who can ride the most km in 6 days
- ◎ Mini Challenges - Prizes to win!
- ◎ Fitness & Power (FTP) Testing sessions  
How fit are you?
- ◎ Instructor-led Big Screens sessions
- ◎ Bring a Buddy - free of charge all week



**2 - 7 May 2023**