



Abraham Darby Sports and Leisure Centre Indoor Cycling Programme

Tuesday 23 December 2025 - Friday 2 January 2026

Tuesday 23rd December – Normal Timetable	
Wednesday 24th December – Christmas Eve	
6.45 – 7.30am 9.30 – 10.15am 12.30 – 1pm	The Trip (Virtual) RPM (Virtual) Sprint (Virtual)
Thursday 25th December – Closed	
Friday 26th December – Closed	
Saturday 27th December	
7.30 - 8.15am 8.30 – 9am 10.30 - 11.15am 1 - 1.45pm 5 – 5.30pm	RPM (Virtual) Sprint (Virtual) RPM (Virtual) RPM (Virtual) Sprint (Virtual)
Sunday 28th December	
7.30 - 8.15am 9.30 – 10am 10.45– 11.30am 1– 1.45pm 5 – 5.45pm	The Trip (Virtual) Sprint (Instructor Led) RPM (Virtual) The Trip (Virtual) RPM (Virtual)
Monday 29th December	
6.45 – 7.30am 9.30 - 10am 12.30 – 1.45pm 6.15 – 6.45pm	RPM (Virtual) Sprint (Virtual) RPM (Virtual) Sprint (Virtual)
Tuesday 30th December	
6.45 – 7.15am 9.30 – 10.15am 12.30 – 1.15pm 5.45 - 6.15pm 7.15– 7.45pm	Sprint (Virtual) RPM (Virtual) The Trip (Virtual) Sprint (Virtual) Sprint (Instructor Led)
Wednesday 31st December	
6.45 – 7.15am 9.30 – 10.15am 12.30 – 1pm	The Trip ,(Virtual) RPM (Virtual) Sprint(Virtual)
Thursday 1st January – Closed	
Friday 2nd January – Normal Timetable	