

# VeloStudio Timetable

4 December

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December 2023

	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00
Monday	Pay and ride																	Power Half Hour		SUF Cycling			
Tuesday	Pay and ride															Power Half Hour		VirtualVelo					
Wednesday	Pay and ride									Power Half Hour		VirtualVelo	Pay and ride										
Thursday	Pay and ride															Power Half Hour		SUF Cycling					
Friday	Pay and ride													Power Half Hour		SUF Cycling	Pay and ride						
Saturday	SUF Cycling		Pay and ride					Power Half Hour		VirtualVelo		Pay and ride											
Sunday	VirtualVelo		Pay and ride					Power Half Hour		SUF Cycling		Pay and ride											

SUF Cycling Video Rotation		
Monday	04-Dec	Defender
Thursday	07-Dec	Downward Spiral
Friday	08-Dec	Hell Hath No Fury
Saturday	09-Dec	Nine Hammers
Sunday	10-Dec	Rubber Glove
Monday	11-Dec	The Shovel
Thursday	14-Dec	The Way Out
Friday	15-Dec	Thin Air
Saturday	16-Dec	Butter
Sunday	17-Dec	Defender
Monday	18-Dec	Downward Spiral
Thursday	21-Dec	Hell Hath No Fury
Friday	22-Dec	Nine Hammers
Saturday	23-Dec	Rubber Glove

Please note the Venue and studio will be closed from Sunday 24 December until Tuesday 2 January 2024

The programme is subject to change with sessions added or cancelled at short notice.  
For session details please check our website:

<https://www.better.org.uk/leisure-centre/lee-valley/velopark/velostudio>