

## VeloStudio Timetable

4 March - 31 March 2024

	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 Hall Hour		SUF Cycling			
Tuesday	Pay and ride																	Power Hall Hour		VirtualVelo			
Wednesday	Pay and ride																	Power Hall Hour		VirtualVelo			
Thursday	Pay and ride																	Power Hall Hour		SUF Cycling			
Friday	Pay and ride																	Power Hall Hour		SUF Cycling			
Saturday	SUF Cycling		Pay and ride					Power Hall Hour					VirtualVelo	Pay and ride									
Sunday	VirtualVelo		Pay and ride					Power Hall Hour					SUF Cycling	Pay and ride									

### SUF Cycling Video Rotation

Monday	4-Mar	Rubber Glove
Thursday	7-Mar	The Shovel
Friday	8-Mar	The Way Out
Saturday	9-Mar	Thin Air
Sunday	10-Mar	Butter
Monday	11-Mar	Defender
Thursday	14-Mar	Downward Spiral
Friday	15-Mar	Hell Hath No Fury
Saturday	16-Mar	Nine Hammers
Sunday	17-Mar	Rubber Glove
Monday	18-Mar	The Shovel
Thursday	21-Mar	The Way Out
Friday	22-Mar	Thin Air
Saturday	23-Mar	Butter
Sunday	24-Mar	Defender
Monday	25-Mar	Downward Spiral
Thursday	28-Mar	Hell Hath No Fury
Saturday	30-Mar	Rubber Glove
Sunday	31-Mar	The Shovel

Please note the Studio will on be open for Pay and ride 10:00 - 16:00 on Bank Holidays

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>