

# HBF Arena Group Fitness Cycle

A high intensity workout without high impact on joints. Cycle classes are suitable for all ages and fitness levels. To view our cycle studio, check out our [venue images. \(/venue/\)](#)

## Cycle

Classes involve a workout on stationary bikes that increases endurance and works the lower body, focusing on toning the legs. Your instructor will take you on a specially designed ride that simulates both hilly and flat terrains. There's no impact and you don't need any special skills. Available in 60 minute format.

## HIIT 30 Cycle

High Intensity Interval Training (HIIT) Cycle is great for people with limited time to train. Constant variation of intensity keeps your mind focused and makes your workout more engaging. HIIT increases your VO2 max quick and fast. Available in 30 minute EXPRESS format.

## Beginner Cycle

You may believe that our cycle classes are too tough and not for you. With knowledge of the basics they don't have to be. This class is designed to cover the basic skills to boost your confidence and have you moving comfortably into one of our regular timetabled 30 or 60 minute group fitness Cycle Workouts. Perhaps you are already a regular Cycle class participant but want to brush up on the basics. If so, you are very welcome to attend. Two instructors will be on hand to assist participants.

What will be covered:

- Bike set-up
- Riding profiles
- Gears
- Training zones
- Endurance vs HIIT sessions

For more information about our cycle group fitness classes, please complete the online form below.

## Morning classes

- Fit Club friendly classes

Monday 17/2	Tuesday 18/2	Wednesday 19/2	Thursday 20/2	Friday 21/2	Saturday 22/2	Sunday 23/2
9:00am - 9:30am <b>HIIT 30 Cycle</b> Cycle Studio	5:30am - 6:30am <b>Cycling</b> Cycle Studio	9:00am - 9:30am <b>HIIT 30 Cycle</b> Cycle Studio	9:00am - 9:30am <b>HIIT Cycle</b> Cycle Studio	5:30am - 6:30am <b>Cycling</b> Cycle Studio	8:00am - 9:00am <b>Cycling</b> Cycle Studio	9:00am - 9:30am <b>HIIT 30 cycle</b> Cycle studio
	9:00am - 9:30am <b>HIIT 30 Cycle</b> Cycle Studio			9:00am - 9:30am <b>HIIT 30 Cycle</b> Cycle Studio	9:00am - 9:30am <b>HIIT 30 cycle</b> Cycle Studio	

## Afternoon / Evening classes

- Fit Club friendly classes

Monday 17/2	Tuesday 18/2	Wednesday 19/2	Thursday 20/2	Friday 21/2	Saturday 22/2	Sunday 23/2
5:30pm - 6:00pm <b>HIIT 30 Cycle</b> Cycle Studio	5:30pm - 6:00pm <b>HIIT 30 Cycle</b> Cycle Studio	5:30pm - 6:00pm <b>HIIT 30 Cycle</b> Cycle Studio	5:30pm - 6:30pm <b>Cycling</b> Cycle Studio			
6:15pm - 6:45pm <b>HIIT 30 Cycle</b> Cycle Studio	6:15pm - 6:45pm <b>HIIT 30 Cycle</b> Cycle Studio	6:15pm - 6:45pm <b>HIIT 30 Cycle</b> Cycle Studio				