

National Badminton Centre

Virtual Spin Timetable from 25/03/2024

Monday

07:00-07:45	🏸 RPM	45
12:00-12:30	🏸 RPM	30
12:30-13:00	🏸 Sprint	30
17:00-17:30	🏸 RPM	30
20:00-20:30	🏸 RPM	30

Tuesday

12:15-13:00	🏸 The Trip	45
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Wednesday

06:50-07:35	🏸 The Trip	45
12:30-13:15	🏸 RPM	45
17:00-17:30	🏸 RPM	30
20:00-20:30	🏸 Sprint	30

Thursday

06:50-07:35	🏸 RPM	45
12:00-12:30	🏸 Sprint	30
13:00-13:30	🏸 RPM	30

Friday

07:00-07:30	🏸 Sprint	30
12:30-13:00	🏸 Sprint	30
13:00-13:30	🏸 RPM	30
18:00-18:45	🏸 The Trip	45

Saturday

12:00-12:30	🏸 RPM	30
14:00-14:30	🏸 Sprint	30
16:00-16:30	🏸 RPM	30
18:00-18:30	🏸 Sprint	30

Sunday

08:30-09:00	🏸 RPM	30
12:00-12:45	🏸 The Trip	45
16:00-16:45	🏸 RPM	45
18:00-18:30	🏸 Sprint	30

Health Club Opening Times

Monday-Friday 06:45-22:30

Saturday-Sunday 08:00 -20:00

Email us at nbc@badmintonengland.co.uk.

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