

On Demand

A wide variety of on-demand classes programmed throughout the day to suit every need, whatever the goal.

Live Studio Cycling

A low impact, high intensity indoor cycling class where your favourite instructors guide you through a journey over hills and along flat roads to maximise your calorie burn, keeping you motivated with fun and powerful music!

Virtual Sprint

High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

Virtual RPM

Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

Virtual THE TRIP

A totally unique workout experience that combines a multi-peak cycling workout with a journey through digitally-created worlds.

your space
Metrodome Leisure Complex



your space
Metrodome Leisure Complex

Metrodome Leisure Complex, Queens Ground, Queens Road, Barnsley, S71 1AN

© BPL Barnsley Premier Leisure Ltd., Queens Ground, Queens Road, Barnsley S71 1AN. Registered Charity Number 1076681. Registered Company Number 3790143

Virtual Cycling Studio
Timetable

Virtual Cycling Studio Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
On Demand 6:00AM – 7:00AM	Virtual Sprint 6:15AM – 6:45AM	Virtual THE TRIP 6:15AM – 7:00AM	Virtual RPM 6:15AM – 7:05AM	Virtual THE TRIP 6:15AM – 7:00AM	Virtual Sprint 8:15AM – 8:45AM	Live Studio Cycling 10:00AM – 11:00AM
On Demand 7:00AM – 8:00AM	Virtual THE TRIP 6:45AM – 7:30AM	On Demand 7:00AM – 8:00AM	Virtual THE TRIP 7:15AM – 8:00AM	Virtual Sprint 7:00AM – 7:30AM	On Demand 8:45AM – 9:30AM	Virtual THE TRIP 11:15AM – 12:00PM
Virtual Sprint 8:00AM – 8:30AM	Virtual Sprint 7:30AM – 8:00AM	Virtual Sprint 8:00AM – 8:30AM	Virtual Sprint 8:00AM – 8:30AM	Virtual Sprint 7:30AM – 8:00AM	Virtual THE TRIP 9:30AM – 10:15AM	Virtual THE TRIP 12:00PM – 12:45PM
Virtual THE TRIP 8:30AM – 9:15AM	Virtual THE TRIP 8:00AM – 8:45AM	Virtual RPM 8:30AM – 9:20AM	Virtual Sprint 8:30AM – 9:00AM	Virtual THE TRIP 8:00AM – 8:45AM	Virtual RPM 10:15AM – 10:45AM	Virtual Sprint 1:00PM – 1:30PM
Live Studio Cycling 9:30AM – 10:30AM	Virtual Sprint 8:45AM – 9:15AM	Live Studio Cycling 9:30AM – 10:30AM	On Demand 9:30AM – 10:30AM	Virtual RPM 8:45AM – 9:15AM	Live Studio Cycling 11:00AM – 11:45AM	Virtual RPM 1:30PM – 2:00PM
Virtual RPM 10:45AM – 11:15AM	Virtual THE TRIP 9:15AM – 10:00AM	Virtual THE TRIP 11:00AM – 11:45AM	Virtual Sprint 10:30AM – 11:00AM	Live Studio Cycling 9:30AM – 10:15AM	Virtual THE TRIP 12:00PM – 12:45PM	On Demand 2:00PM – 3:00PM
Virtual THE TRIP 11:15AM – 12:00PM	Virtual RPM 10:00AM – 10:30AM	Virtual Sprint 12:00PM – 12:30PM	Virtual RPM BEGINNER 11:00AM – 11:30AM	Virtual Sprint 10:30AM – 11:00AM	On Demand 1:00PM – 2:00PM	Virtual RPM 3:00PM – 3:50PM
Virtual RPM 12:00PM – 12:30PM	Virtual RPM 10:30AM – 11:00AM	Virtual RPM 12:30PM – 1:20PM	Virtual THE TRIP 11:30AM – 12:15PM	Virtual Sprint 11:00AM – 11:30AM	Virtual THE TRIP 2:00PM – 2:45PM	On Demand 4:00PM – 5:00PM
Virtual THE TRIP 12:30PM – 1:15PM	On Demand 11:00AM – 11:30AM	Virtual THE TRIP 1:30PM – 2:15PM	Virtual RPM 12:30PM – 1:20PM	On Demand 11:30AM – 12:30PM	On Demand 3:00PM – 4:00PM	Virtual THE TRIP 5:00PM – 5:45PM
Virtual RPM 1:15PM – 1:45PM	Virtual THE TRIP 11:30AM – 12:15PM	On Demand 2:30PM – 3:30PM	On Demand 1:30PM – 2:30PM	Virtual THE TRIP 12:30PM – 1:15PM	Virtual THE TRIP 4:00PM – 4:45PM	Live Studio Cycling 6:00PM – 7:00PM
On Demand 1:45PM – 2:45PM	Virtual Sprint 12:15PM – 12:45PM	Virtual RPM 3:30PM – 4:20PM	Virtual THE TRIP 2:30PM – 3:15PM	VIRTUAL SPRINT 1:30PM – 2:00PM	On Demand 5:00PM – 6:00PM	On Demand 7:00PM – 8:00PM
Virtual RPM 3:00PM – 3:30PM	Virtual THE TRIP 12:45PM – 1:30PM	Virtual Sprint 4:30PM – 5:00PM	On Demand 3:30PM – 4:30PM	Virtual RPM 2:00PM – 2:30PM	Virtual THE TRIP 6:00PM – 6:45PM	
Virtual Sprint 3:30PM – 4:00PM	Virtual THE TRIP 1:30PM – 2:15PM	Live Studio Cycling 5:10PM – 5:55PM	Virtual THE TRIP 4:30PM – 5:15PM	On Demand 2:30PM – 3:30PM	On Demand 7:00PM – 8:00PM	
Virtual RPM 4:00PM – 4:30PM	On Demand 2:30PM – 3:30PM	Live Studio Cycling 6:10PM – 6:55PM	Live Studio Cycling 5:30PM – 6:30PM	On Demand 3:30PM – 4:15PM		
Live Studio Cycling 4:45PM – 5:30PM	On Demand 3:30PM – 4:30PM	Virtual RPM 7:00PM – 7:30PM	Live Studio Cycling 6:30PM – 7:30PM	Virtual Sprint 4:15PM – 4:45PM		
Live Studio Cycling 5:45PM – 6:45PM	Virtual Sprint 4:30PM – 5:00PM	Virtual Sprint 7:30PM – 8:00PM	Virtual THE TRIP 7:45PM – 8:30PM	Live Studio Cycling 5:00PM – 5:45PM		
Virtual RPM 7:00PM – 7:30PM	Live Studio Cycling 5:15PM – 6:00PM	On Demand 8:00PM – 9:00PM	Virtual Sprint 8:30PM – 9:00PM	Live Studio Cycling 6:00PM – 6:45PM		
Live Studio Cycling 8:00PM – 9:00PM	Live Studio Cycling 6:15PM – 7:00PM	On Demand 9:00PM – 10:00PM	On Demand 9:00PM – 10:00PM	Virtual THE TRIP 7:00PM – 7:45PM		
Virtual THE TRIP 9:00PM – 9:45PM	Virtual THE TRIP 7:15PM – 8:00PM			Virtual RPM 7:45PM – 8:15PM		
	Live Studio Cycling 8:15PM – 9:15PM			On Demand 8:35PM – 9:35PM		
	On Demand 9:30PM – 10:00PM					