

Q4 2020 RELEASE

STAGESOLO™



Coach 15 – 45 minutes

What are you waiting for, team? Now's the time to try your hand at riding in the mid-pack. Shorter threshold segments with bursts of red-zone efforts are just what you need to take it to the next level. Perfect for those that like short, intense efforts with just enough air to keep it going.



MIX 009 – 30 Minutes

It's no sweat... until it is. A 5-minute warm-up will prepare you for what is to come; 9 red intervals! But wait there's more: the red intervals are followed by yellow tempo efforts. Maintain focus on the yellow 'train to nowhere'; nowhere is coming fast!



Beats 15 – 30 Minutes

Unleash the beast while you rock the beats in this challenging, 9 rounds of red zone ride. Harness your inner Hulk; it's time to smash this 30-minute monster!

Q1 2021 RELEASE



MIX 10 – 30 minutes

Join our Master Trainer Neil as he leads you through the ride, we call Lucky Number Seven. After he has warmed you up allow him to motivate you through Seven One Minute Intervals with One Minute of Recovery inbetween. How lucky are you feeling?



MIX 11 – 30 MINUTES

Are you ready to succeed? Allow our Master Trainer Neil to help guide you through the Eight Steps to Success! After your initial warm up we will get you energised before facing the ultimate challenge of reaching the summit of the final ramp. Have you got what it takes to reach the top step?



Beats 16 – 30 minutes

Welcome to our first instructor led BEATS ride; featuring none other than SJ! Not only do you get BEATS all the way, you also get to ride... well, wherever she wants. It's like the Matrix, only friendlier.



COMING IN 2021



Coach 16 - 45 mins
 Coach 17 - 30 mins
 Coach 18 - 30 mins
 Coach 19 - 30 mins



Mix 12 - 30 MINS
 Mix 13 - 15 MINS
 Mix 14 - 15 MINS



Beats 17 - 15 mins
 Beats 18 - 30 mins
 Beats 19 - 15 mins
 Beats 20 - 45 mins