



CHAIN SCHEDULE



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5.10am	RPM™ 45	THE TRIP 45	RPM™ 45	RPM™ 45	THE TRIP™ 45	6.10am	VIRTUAL THE TRIP™ 45	VIRTUAL RPM™ 45
6.00am	LM SPRINT™ 30	LM SPRINT™ 30	LM SPRINT™ 30	THE TRIP 45	LM SPRINT™ 30	7.10am	LM SPRINT™ 30	VIRTUAL RPM™ 45
6.45am	VIRTUAL THE TRIP™ 45	VIRTUAL RPM™ 45	VIRTUAL THE TRIP™ 45		VIRTUAL RPM™ 45	8.10am	RPM™ 45	THE TRIP™ 45
7.00AM				VIRTUAL SPRINT™ 30		9.10am	THE TRIP™ 45	LM SPRINT™ 30
						10.10am	VIRTUAL LM SPRINT™ 30	VIRTUAL THE TRIP™ 45
8.10am	VIRTUAL RPM™ 45	VIRTUAL THE TRIP™ 45	VIRTUAL RPM™ 45	VIRTUAL LM SPRINT™ 30	VIRTUAL LM SPRINT™ 30			
9.10am	THE TRIP™ 45	RPM™ 45	LM SPRINT™ 30	THE TRIP™ 45	RPM™ 45			
10.10am	VIRTUAL LM SPRINT™ 30	VIRTUAL THE TRIP™ 45	VIRTUAL THE TRIP™ 45	VIRTUAL THE TRIP™ 45	VIRTUAL RPM™ 45			

11.10am	VIRTUAL RPM™ 45	VIRTUAL LM SPRINT™ 30	VIRTUAL THE TRIP™ 45	VIRTUAL LM SPRINT™ 30	VIRTUAL THE TRIP™ 45	11.10am	VIRTUAL THE TRIP™ 45	VIRTUAL LM SPRINT™ 30
12.10pm	LM SPRINT™ 30	THE TRIP™ 45	LM SPRINT™ 30	RPM™ 30	LM SPRINT™ 30	12.10pm	VIRTUAL RPM™ 45	VIRTUAL THE TRIP™ 45
1.10pm	VIRTUAL THE TRIP™ 45	VIRTUAL RPM™ 45	VIRTUAL RPM™ 45	VIRTUAL THE TRIP™ 45	VIRTUAL THE TRIP™ 45	1.10pm	VIRTUAL THE TRIP™ 45	VIRTUAL RPM™ 45

2.10pm	VIRTUAL RPM™ 45	VIRTUAL LM SPRINT™ 30	VIRTUAL LM SPRINT™ 30	VIRTUAL THE TRIP™ 45	VIRTUAL THE TRIP™ 45	2.10pm	VIRTUAL LM SPRINT™ 30	VIRTUAL THE TRIP™ 45
3.10pm	VIRTUAL THE TRIP™ 45	VIRTUAL LM SPRINT™ 30	VIRTUAL RPM™ 45	VIRTUAL LM SPRINT™ 30	VIRTUAL THE TRIP™ 45	3.10pm	VIRTUAL THE TRIP™ 45	VIRTUAL LM SPRINT™ 30
4.10pm	VIRTUAL LM SPRINT™ 30	VIRTUAL RPM™ 45	VIRTUAL THE TRIP™ 45	VIRTUAL RPM™ 45	VIRTUAL LM SPRINT™ 30	4.10pm	VIRTUAL RPM™ 45	LM SPRINT™ 30
5.10pm	LM SPRINT™ 30	RPM™ 45	THE TRIP™ 45	LM SPRINT™ 30	LM SPRINT™ 30	5.10pm	THE TRIP™ 45	THE TRIP™ 45

6.10pm	THE TRIP™ 45	LM SPRINT™ 30	RPM™ 45	THE TRIP™ 45	THE TRIP™ 45	6.10pm	VIRTUAL LM SPRINT™ 30	VIRTUAL RPM™ 45
7.10pm	VIRTUAL RPM™ 45	VIRTUAL THE TRIP™ 45	VIRTUAL LM SPRINT™ 30	VIRTUAL RPM™ 45	VIRTUAL LM SPRINT™ 30	7.10pm	VIRTUAL RPM 45	VIRTUAL LM SPRINT™ 30
8.10pm	VIRTUAL LM SPRINT™ 30	VIRTUAL RPM™ 45	VIRTUAL THE TRIP™ 45	VIRTUAL THE TRIP™ 45	VIRTUAL THE TRIP™ 45			
9.10pm	VIRTUAL RPM™ 45	VIRTUAL SPRINT 30	VIRTUAL RPM™ 45	VIRTUAL LM SPRINT™ 30	VIRTUAL RPM™ 45			